

OCTOBER 1 - 7, 2006

American Profile

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THESE ARE THE NIGHTS THAT LAST A LIFETIME.



FRIDAY NIGHT LIGHTS

PREMIERES OCTOBER 3 TUESDAYS 8/7c  NBC

PETER BERG

This fall, a new NBC prime-time series, *Friday Night Lights*, will introduce audiences to a compelling cast of characters engaged in a time-honored American tradition: high school football.

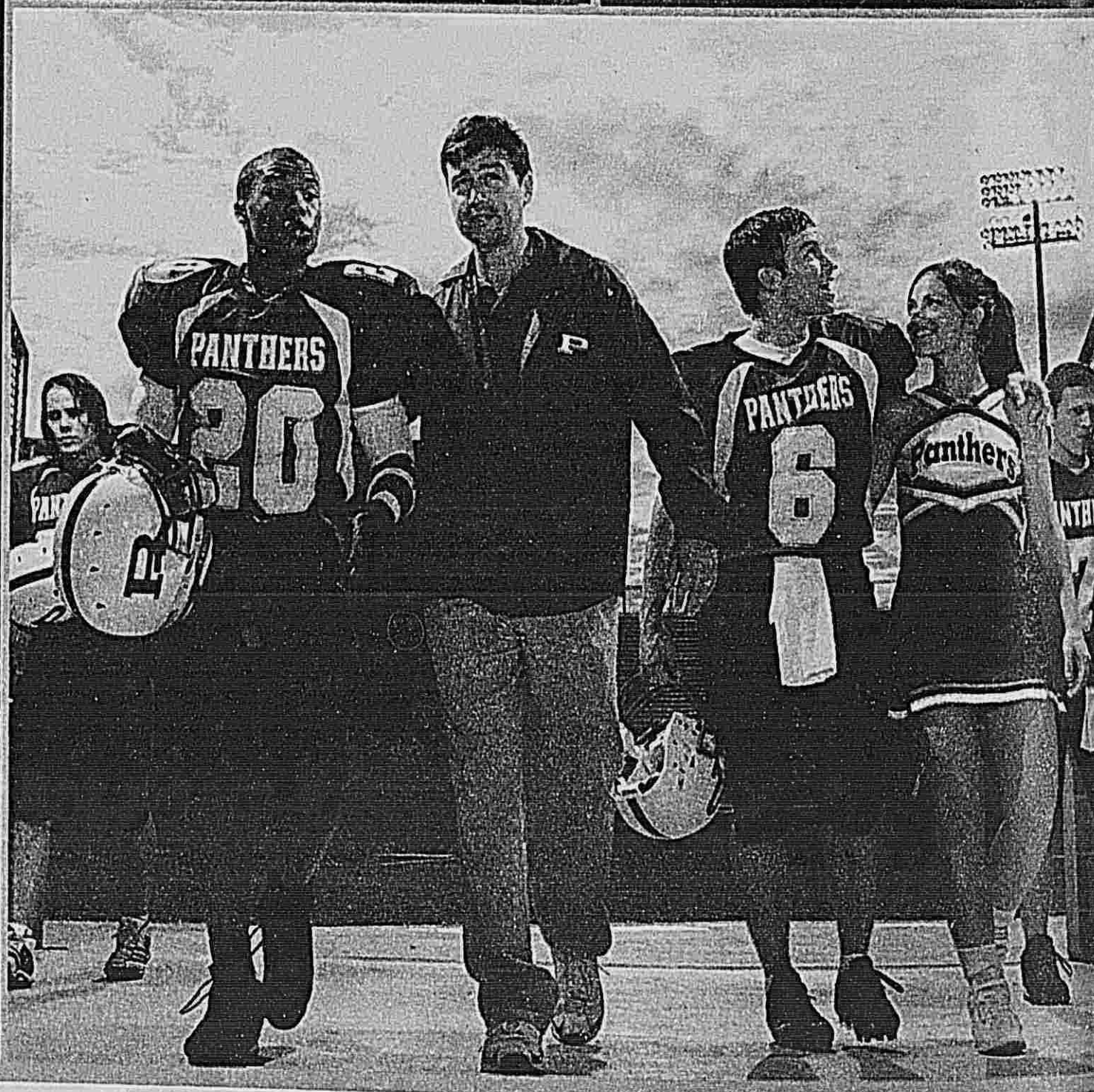
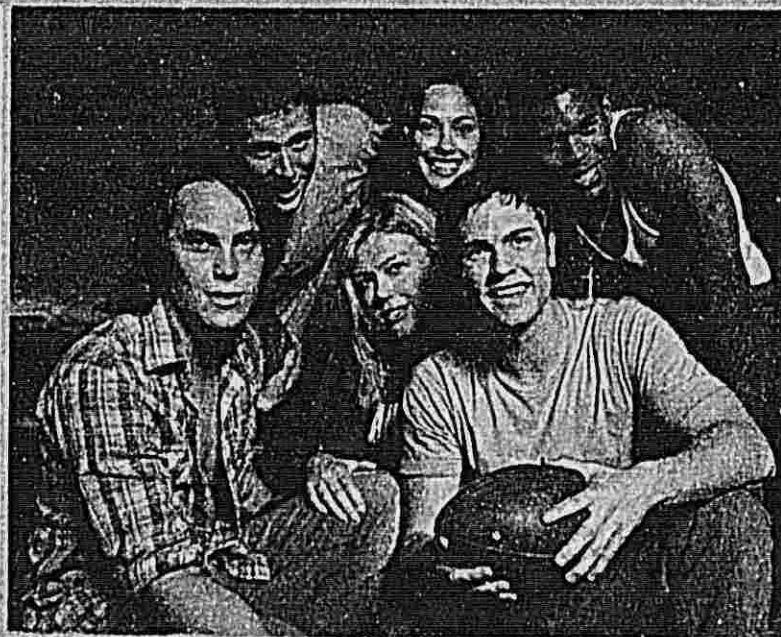
"There's something about high school athletics in America that's unique," says Peter Berg, the show's executive producer. "You've got 16- or 17-year-old boys, some even younger, who are being asked to perform at extraordinarily high levels, rallying around the hopes and dreams of their communities. A magical light shines on them; it's dramatic and emotional and real."

Berg first brought that dramatic light into focus as director of the acclaimed 2004 movie also titled *Friday Night Lights*. The new TV series won't simply be an extension of the film, he says. "It's a completely new group of characters, and it takes place present day instead of 1988."

Berg, who played four years of high school football himself as a teenager in Connecticut, says that the game promotes values that also apply on the bigger playing field of life.

"Clearly, in football you have the very real themes of courage, teamwork, selflessness, and sacrifice," he says. "These kids are basically going to war with each other every Friday night. It's dangerous and very challenging."

And this fall, it happens underneath the glow of *Friday Night Lights*.



OCTOBER 1 - 7, 2006

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Happy Birthday,

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TRACY**

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MARKS A MILESTONE

INSIDE:

- Check out the new AmericanProfile.com
- Lani Malmberg's herd eats the West's weeds
- Harold Burnham, a shipwright by birthright
- Saving on insurance
- Gwen's chuck roast

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Ask American Profile

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We're taking a break from your Ask American Profile questions this week to tell you some exciting news about our redesigned, revamped website—the new and improved *AmericanProfile.com*!

Launching Oct. 1, it will make it even easier to find recipes, feature stories, celebrity tidbits and Our Pick reviews of new DVDs, books and CDs, some of them created exclusively for our online readers.

And here's something brand new: our message boards, where you can post your comments about our stories, share your opinions and interact with other readers. (If you have a private comment you would like to share only with us, you can email us directly at askcomments@americanprofile.com.) You can also enter contests and browse our complete archive of stories and columns you may have missed.

We look forward to having you join us online at the new *AmericanProfile.com*! ☆



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Now Fridays are a great night to stay home and watch CMT—specifically "CMT Sure Thing Fridays," a block of entertainment that is sure to start your weekend off right. Rev up with new episodes of *Trick My Truck* (7 p.m.), laugh to the antics of *Foxworthy's Big Night Out* (7:30 p.m.) and cheer with *Dallas Cowboys Cheerleaders: Making the Team* (8 p.m., all times Central). Fridays have never been more fun!

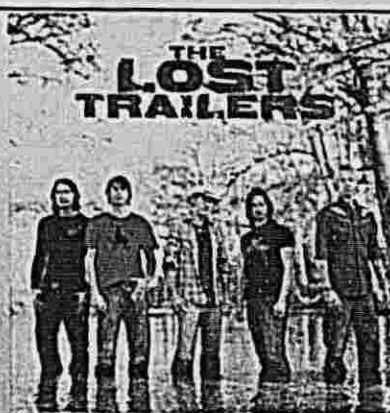
Will You Marry Me?

People find all sorts of ways to propose marriage. How did you or your spouse pop the question? *American Profile* is seeking stories about unique, romantic and memorable marriage proposals for an upcoming story. If you've got an unforgettable story worthy of publication, mail a brief description of the event and a photograph of you and your spouse to: Marriage Proposals, *American Profile*, 341 Cool Springs Blvd. 4th Floor, Franklin, TN, 37067, by Oct. 15. Photographs will not be returned.

JUST RELEASED ...

The Lost Trailers hitch up a hit

The Lost Trailers, on the radio recently with the single "Why Me," push country music energetically forward by giving new life to its age-old strengths of strong storytelling, sharp musicianship and real-life themes. "Our songs have people who struggle and face life-changing turning points, but it's always with the mindset that even in the darkest times, things will get better," says singer/guitarist Stokes Nielson. "I think this album is a testament to five guys who have stuck together through thick and thin because we know we have something to offer."



American Profile

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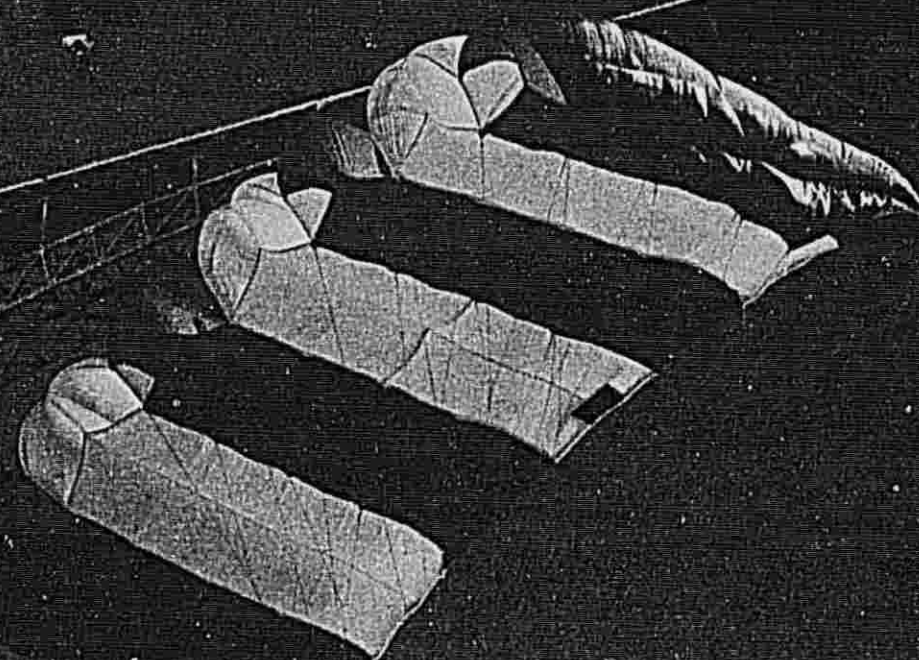
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Hometown Spotlight

Fayette County's Freefall Fest

by RICHARD
MCVEY
Editor



Thrill seekers parachute from the New River Gorge Bridge in West Virginia during the annual Bridge Day celebration.



John McDonald, 39, stands nervously atop the New River Gorge Bridge in Fayette County, W.Va. (pop. 47,579). Pausing to enjoy one of the state's most spectacular views, the Orlando, Fla., parachutist looks down at the river 876 feet below and leaps off the bridge as thousands of onlookers cheer.

"When you first jump it's totally quiet," says McDonald, whose sport is called BASE jumping because participants jump off "buildings, antennas, spans and earth." "Then the wind starts picking up and it turns into a roar." Four seconds into his freefall off the nation's second highest bridge, McDonald opens his parachute and guides himself to a landing spot along the New River's edge.

McDonald is among 384 BASE jumpers from around the world who participated in last year's Bridge Day, a celebration of the world's second longest single-arch bridge—measuring 3,030 feet long with a 1,700-foot arch span. The annual October event features food, arts & craft booths, and strolls along the one-half mile bridge. Some 100,000 people come each year to watch BASE jumpers plunge off

BASE jumper John McDonald prior to his perilous 876-foot plunge

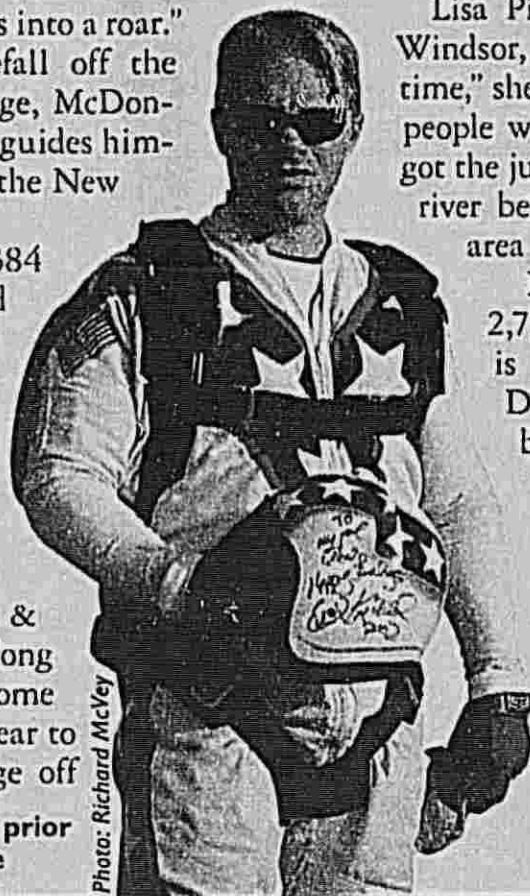


Photo: Richard McVey

the bridge and rappellers using harnesses and ropes to descend from the magnificent steel span.

"It's an exciting thing to watch," says Jeffrey Dorsey of the BASE jumpers. "It seems like Bridge Day just gets bigger and better every year." Dorsey, 41, traveled from Huntington, W.Va. (pop. 51,475), with his wife Stephanie, 39, and their 18-month-old daughter, Jenna. "It's a big family outing for us," Stephanie adds. "And it's an all-around good event."

Lisa Pilom, a 34-year-old rappeller from Windsor, Ontario, agrees. "It's such a good time," she says. "You've got the festival for the people who want to visit the booths, you've got the jumpers, the rappellers, rafting on the river below; you can't go wrong. Plus, the area is beautiful."

Located north of Fayetteville (pop. 2,754), along Highway 19, the bridge is the property of the West Virginia Department of Highways. The area below is part of the New River Gorge National River, run by the National Park Service.

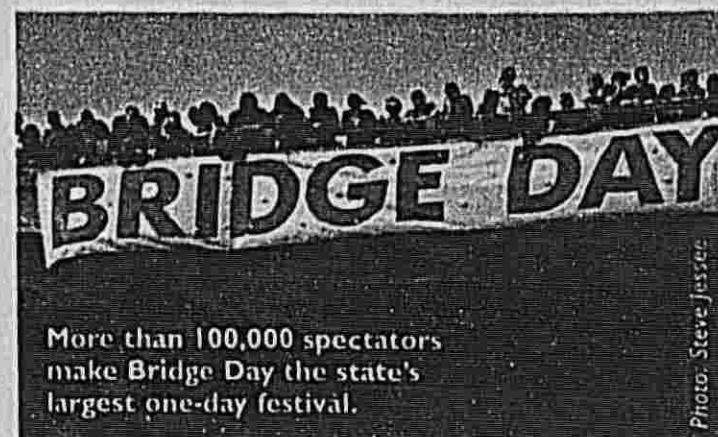
Park Ranger Leah Perkowski has worked each Bridge Day since joining the park service 13 years ago. "If you find me flying off the bridge, there's probably been a crime involved," Perkowski jokes. Last year, she helped ensure the safety of spectators who stood

along the river's edge watching BASE jumpers land. "The jumpers try to land in the drop zone, but some will tell you they want to end up in the river because it's a softer landing."

The origins of Bridge Day date back to the bridge's completion on Oct. 22, 1977. "We had a ceremony to dedicate the bridge on the third Saturday of October back in 1977," says Doug Maddy, who at the time was executive director of the Fayette County Chamber of Commerce, which still hosts the free event. "I think collectively when everybody looked out over the bridge and saw the view—it was the peak of our fall foliage and the bridge was magnificent—everybody there said, 'We need to do this again.'"

In 1980, with the support of then-West Virginia Gov. Jay Rockefeller, Bridge Day became a reality, and 150,000 wide-eyed people came

(Continued on page 8)



More than 100,000 spectators make Bridge Day the state's largest one-day festival.

Photo: Steve Jester

AS HEARD ON PAUL HARVEY NEWS

New advanced portable heater can cut your heating bill up to 50%**Heats a large room in minutes with even heat wall to wall and floor to ceiling****Does not get hot, cannot start a fire and will not reduce humidity or oxygen****Never be cold again****How it works:**

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Q. What is the origin of this amazing heating element in the EdenPURE®?

A. This advanced heating element was discovered accidentally by a man named John Jones.

Q. What advantages does infrared quartz tube heating source have over other heating source products?

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electricity is used to generate infrared light which, in turn, creates a very safe heat.

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Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?

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The EdenPURE® comes in 2 models. Model 500 heats a room up to 300 square feet and Model 1000 heats a room up to 1,000 square feet.

End of interview.

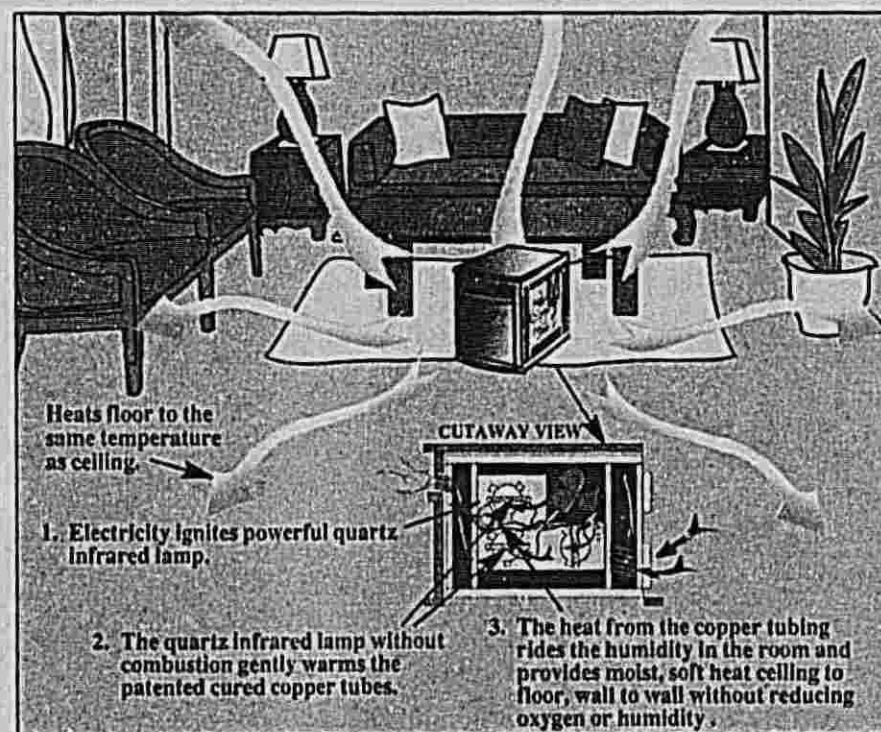
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Spanning 1,700 feet, the steel structure is the Western Hemisphere's longest arch bridge.

(Continued from page 6)

to walk along the new landmark, built between 1973 and 1977 at a cost of \$37 million. "It's an engineering marvel," Maddy says. "People watched the building of the bridge for years."

Prior to its completion, local motorists had to travel 40 minutes along winding mountain roads to cross a small bridge over the New River. "This area was fairly remote," Perkowski says. "So when they built the bridge, it opened up the state in general. We started to have more recreation-based industry... because there was access."

Maddy believes there's a real sense of local pride when it comes to the bridge. That's part of the reason, he says, that 40 to 50 Fayette County residents volunteer to make Bridge Day a reality.

"The epitome of this event is that this is a community collaborative," he says. "Everybody in the community comes together. It's all done with volunteers. We're very proud of where we are. It's a magnificent river, a spectacular bridge, and Bridge Day itself is the largest single-day event in the state. There's a lot here to be proud of." ★

Bridge Day is scheduled Oct. 21.
Visit www.officialbridgeday.com
for more information.



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by JOHN NARDINI

Saving on Insurance

Insurance is a funny concept.

You pay for something you hope you'll never use to replace things you already have. In some instances such as for automobiles, most states require that drivers have insurance. But these days you can buy insurance for everything from your home computer to vacations. The key is to know what to insure and how much to spend. Here are tips to help you navigate the insurance maze:

Question yourself. Before buying, ask yourself these questions: Am I insuring this out of fear or necessity? What is the replacement value? Is the cost of insurance greater than the value? Your answers will bring you back to the purpose of insurance, which is to pay for something you cannot afford to replace otherwise, and keep you from paying for anything else.

Shop around. Review information offered by your state's insurance division, then call around to

several companies for their rates. Each time you get a premium notice, contact at least two other insurance companies to ask for competitive quotes.

Get discounts. Ask your insurance agent about discounts. Most policies give discounts for safety features such as anti-lock brakes and air

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Hometown Recipes

from
GWENDOLYN
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Gwen's Chuck Roast

"When I want to gather a crowd of family and friends, I cook this chuck roast in wine sauce along with rice, steamed cabbage, candied yams and cornbread." ☆

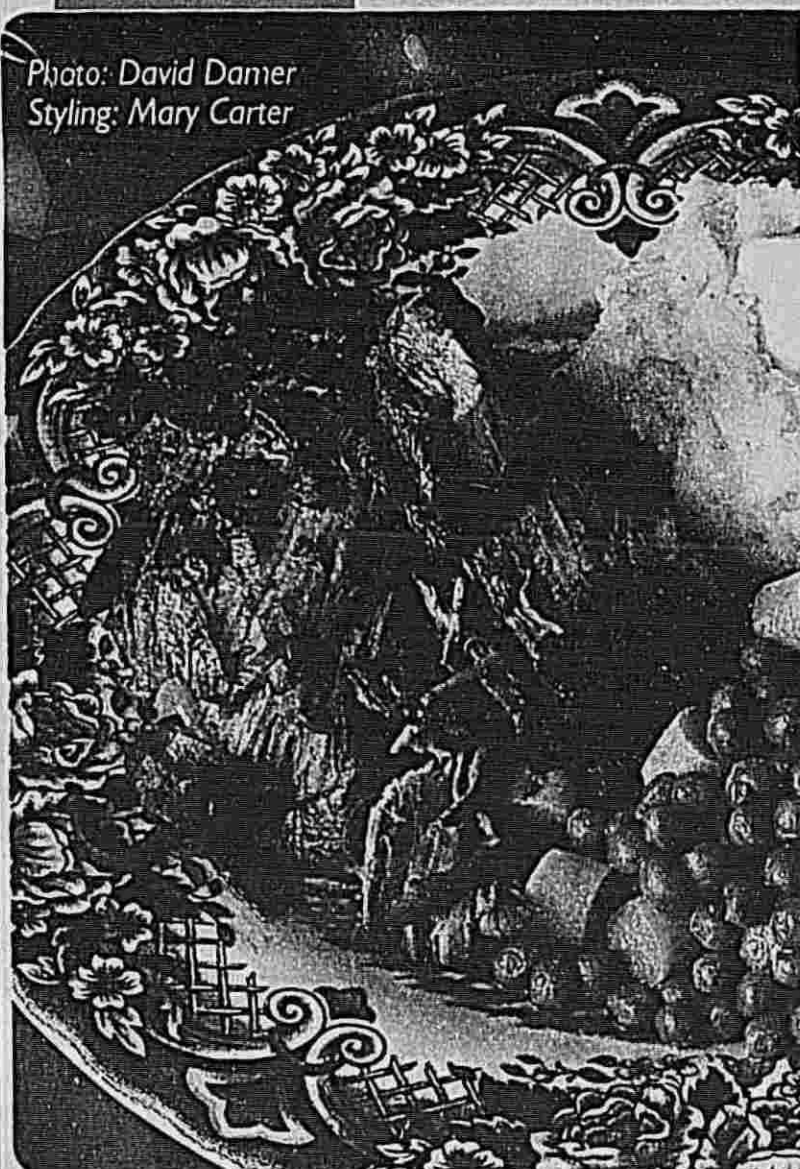
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AmericanProfile.com

RECIPE: Gwen's Chuck Roast

Photo: David Damer
Styling: Mary Carter

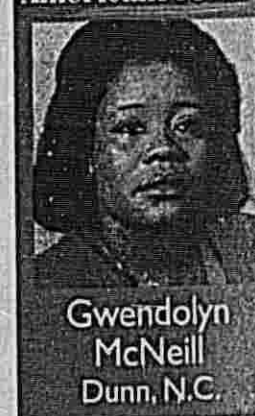


Gwen's Chuck Roast

- 3 pounds chuck roast
- 2½ cups red wine, divided
- 6 medium onions, sliced, divided
- 1 cup soy sauce, divided
- 1 cup Worcestershire sauce, divided
- 9 bay leaves, divided
- 1 large bell pepper, chopped, divided
- 1 teaspoon black pepper
- ½ teaspoon crushed basil leaves

In a large glass bowl, marinate roast for 1 hour in 1 cup of wine, turning once. Drain marinade, and place roast in a heavy, deep skillet, large enough for it to lay flat. Fill skillet with enough water to almost cover meat. Add half the onions, 1 cup of wine, 1/2 cup of soy sauce, 1/2 cup of Worcestershire sauce, 4 bay leaves, and half the bell pepper. Cook 40 minutes over medium heat. Turn meat, and cook an additional 20 minutes. When liquid gets low, add up to 2 cups of additional water. Add remaining wine, onions, soy sauce, Worcestershire sauce, bay leaves and bell pepper along with black pepper and basil leaves. Cook about 1 and 1/2 hours longer or until meat is tender. Check to make sure liquid is always several inches deep to ensure there is enough gravy for the meat and for a side dish of rice. Serves 6 to 8.

AmericanProfile



Gwendolyn
McNeill
Dunn, N.C.

Raise deductibles. A higher deductible leads to a lower premium. Keep in mind that the purpose of insurance is to make sure you have coverage for a disaster. A fender bender to your car or a broken gutter on your home can be paid out of pocket.

Reduce claims. Make a claim only when the cost/damage is substantial. Minor repairs should come out of your emergency fund. Insurers are notorious for increasing premiums for people who cash in on low-cost claims.

Don't over-insure. Drop collision or comprehensive coverage on older cars. Determine how much your car is worth using the Kelly Blue Book. If it's less than \$1,000, you may end up paying more for the extra coverage than you could collect on a claim. For life insurance, only insure for the amount needed to replace the income of the one being insured.

Avoid insurance coupled with investments. Several life insurance products mingle insurance with investments (that develop a cash value). Usually, these are expensive insurance policies and not strong investment performers. It's better to buy term life insurance and invest your extra money elsewhere.

Don't forget disability insurance. Statistically, you are more likely to become disabled than to die during your working years. Yet many Americans only consider life insurance. Be sure you have a solid disability policy in place, especially for the primary breadwinner in your household.

Buy smart. Purchase a car with a good repair record and low theft rate. Insurance generally will be less expensive. Also buy reliable brands of electronics and appliances and forego the extra insurance at the register.

Check the price. After you receive the insurance policy you purchased, double-check to ensure you're getting the price you were quoted.

Combine policies. If you own a home, consider a combined premium option, in which the same company insures both your home and your car. You typically can reduce your premium costs by 10 percent.

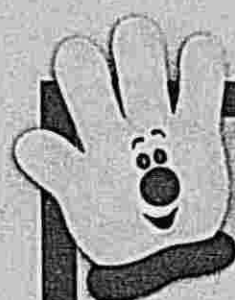
Pay annually. Pay your premiums once a year rather than quarterly. That way you pay fewer "service fees." ☆

John Nardini is a frequent contributor to American Profile.

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www.americanprofile.com • Page 11



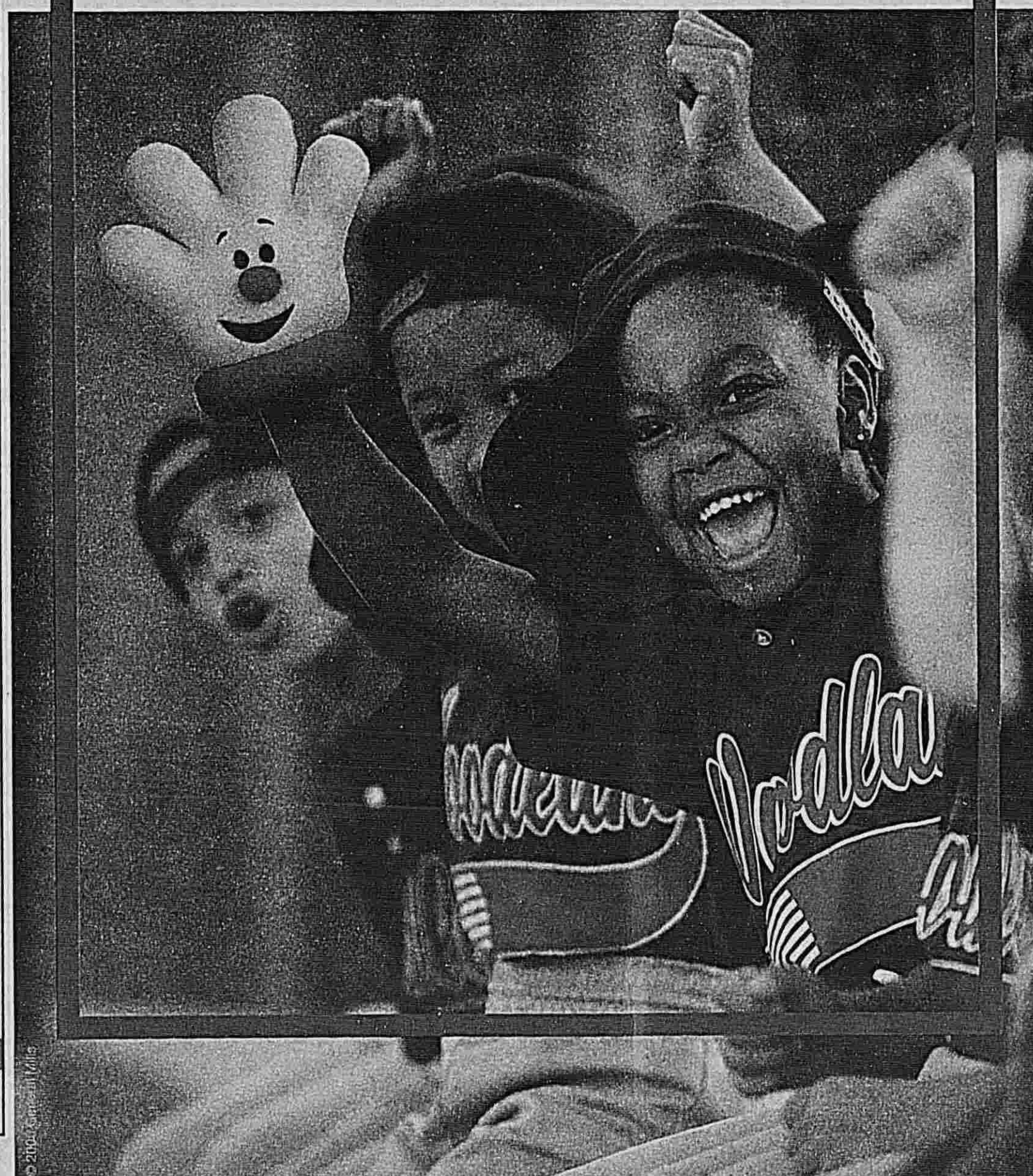
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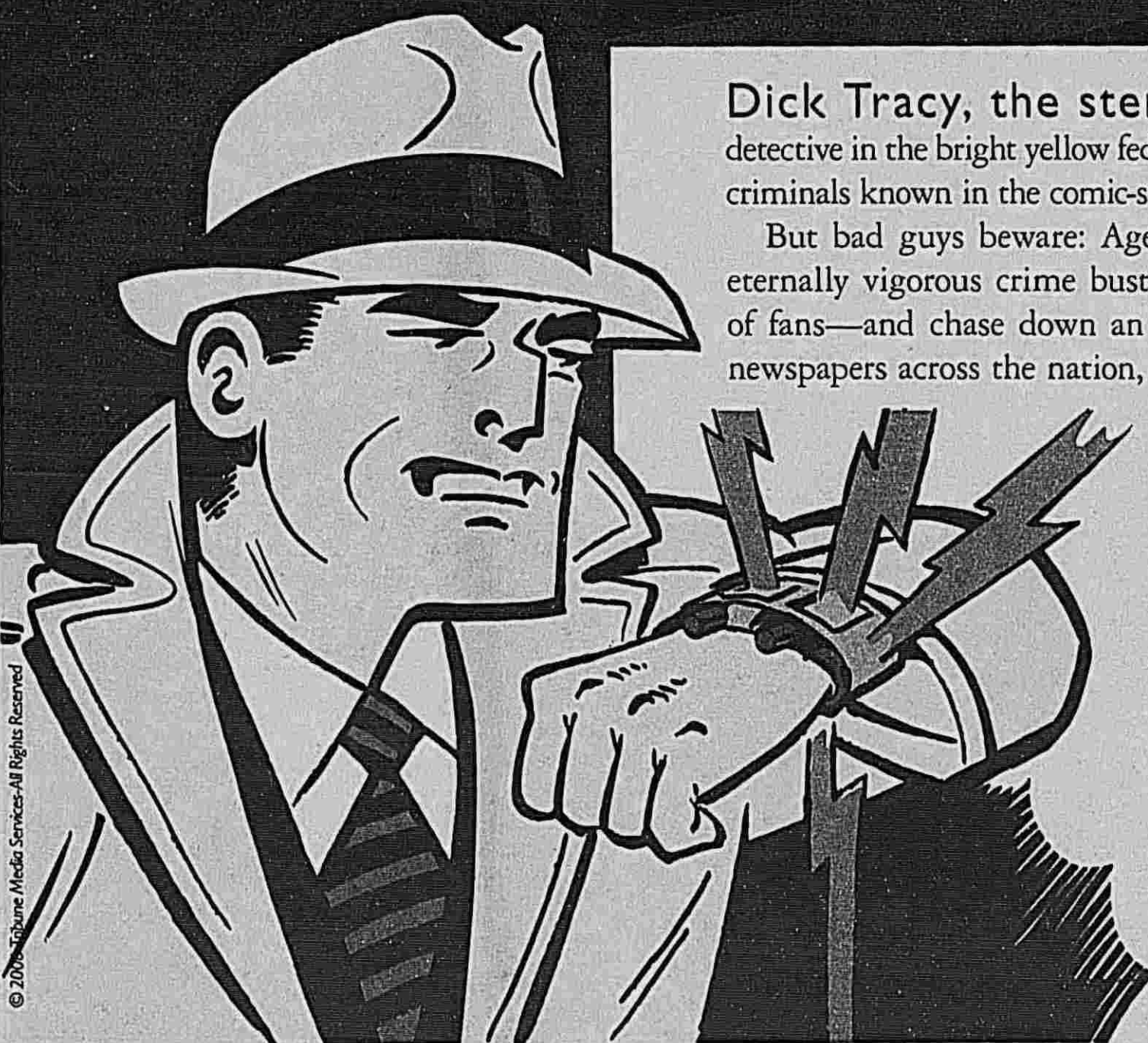
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Happy Birthday,

DICK TRACY

AMERICA'S MOST DURABLE CARTOON
CRIME FIGHTER MARKS A MILESTONE



Dick Tracy, the stern, upright, big-city police detective in the bright yellow fedora who snagged some of the most sinister criminals known in the comic-strip world, turns 75 years old this week.

But bad guys beware: Age hasn't slowed him down. In fact, the eternally vigorous crime buster continues to thrill a new generation of fans—and chase down an ever-growing gaggle of crooks—in 52 newspapers across the nation, as well as many others overseas.

Tracy first appeared during a time when gangsters' violent shootouts made real-life headlines and big-city police departments became tarnished by corruption. "Al Capone in Chicago owned the entire police department," says *New York Daily News* editor Jay Maeder, who's also a Dick Tracy historian. "Tracy was the guy who couldn't be bought. He was incorruptible. All through the 1930s, he was a huge hero."

Created by the late cartoonist Chester Gould, *Dick Tracy* debuted in 1931 in the *Detroit Mirror* and was carried by more than 700 other papers within five years. Readers fell in love with this tough, tenacious character who became a police officer at age 34 after witnessing armed robbers murder the father of his beloved fiancée, Tess Truehart, who then patiently waited 18 years for a wedding while Tracy pursued his passion for crime-fighting. After all, there could be no

by BEVERLY KEE
Contributing Editor



Jean Gould O'Connell is the daughter of *Dick Tracy*'s creator, the late Chester Gould.

true happily-ever-after as long as demons such as Pruneface, a disfigured Nazi agent, and Mumbles, a mush-mouthed con man, roamed the streets.

A MULTI-MEDIA STAR

Tracy's popularity grew during the next decade, when he emerged as a mainstay in radio and film as well, both in his own shows and as a reference in others. "On the radio, Jack Benny and all of these programs would always insert, 'Who do you think you are—Dick Tracy?'" recalls Gould's daughter, Jean Gould O'Connell, 79, of Geneva, Ill., who is completing a book about her father for release early next year. "Dick Tracy came up all the time."

(Continued on page 14)

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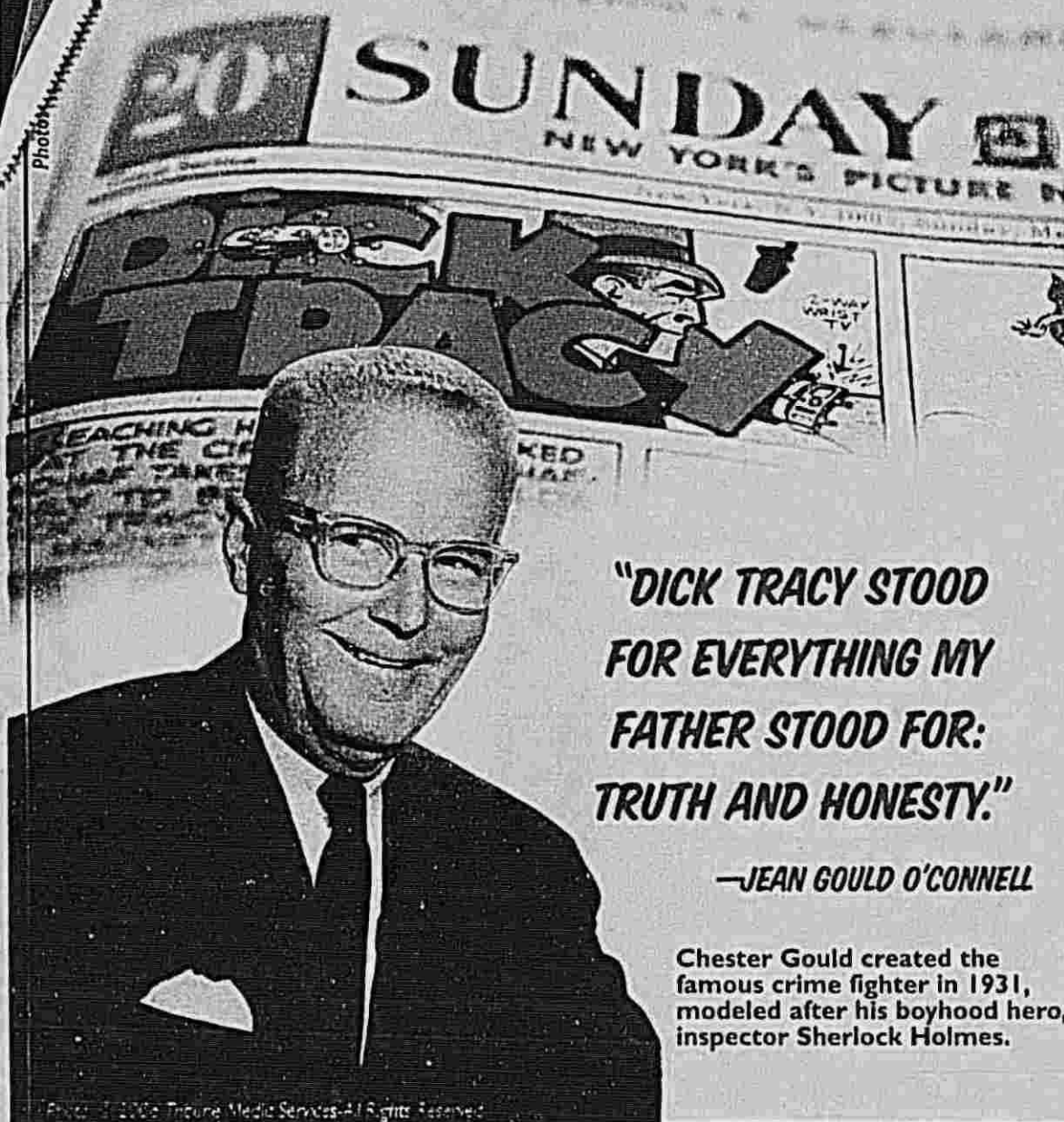
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Continued from page 13)



**"DICK TRACY STOOD
FOR EVERYTHING MY
FATHER STOOD FOR:
TRUTH AND HONESTY."**

—JEAN GOULD O'CONNELL

Chester Gould created the famous crime fighter in 1931, modeled after his boyhood hero, inspector Sherlock Holmes.

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"Flattop" was one of many colorful villains who crossed Dick Tracy's path.

Tracy appeared on television in the early 1960s in *The Adventures of Dick Tracy*, an animated series featuring the voices of Everett Sloan, Paul Frees and Mel Blanc. He was depicted on the silver screen in 1990, when Warren Beatty portrayed him in a movie.

"The original Tracy was an earnest caricature of American manhood facing hard times and legions of bad guys," says Robert Storr, dean of the Yale University School of Art. "For some, he still is."

In some ways, the world that Tracy patrols today is much different than the one featured in the Depression-inspired panels that launched the detective into legend. Corporate crimes and international espionage influence today's *Dick Tracy* artist and writer, Dick Locher, the Pulitzer Prize-winning cartoonist who took over the strip after Gould retired in 1977. Locher collaborated on *Dick Tracy* initially with journalist and crime novelist Mike Killian, who died in 2005.

Locher, 77, who lives in Naperville, Ill., says his goal is to create a story that people want to read—and return to—each day. "I like something you don't give away right away," he says. "We pick a theme. It might even have a chase, it might have romance or spying, phone taps, theft or endangerment, like Tracy hanging from the top



**"I THINK HIS
HARD-NOSED CONVICTION
... RESONATED WITH THE
PUBLIC IN THE ERA OF AL
CAPONE, AND STILL RESONATES
IN THE ERA OF AL QAEDA."**

STEVE TIPPIE,
TRIBUNE MEDIA SERVICES

of the Sears Tower, things like that that would keep your interest."

The topic for Tracy's Oct. 4 birthday was easy: "We have a whole panel just saying 'Happy Birthday,' Locher says. Also in honor of the anniversary, Classic Media is releasing a collector's edition DVD set that includes episodes from the 1960s animated series.

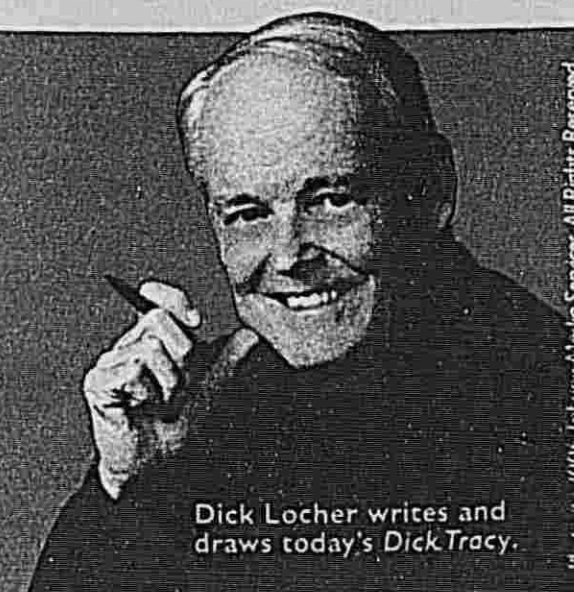
TIMELESS VALUES

"Dick Tracy remains appealing to today's population because he represents the timeless values of justice, law and order, and honesty, but not in a way that is too good to be believable," says Steve Tippie of Chicago's Tribune Media Services, which syndicates the *Dick Tracy* strip. "I think his hard-nosed conviction—that it is the forces of the law that stand between the public and the criminals who threaten them—resonated with the public in the era of Al Capone, and still resonates in the era of Al Qaeda."

From 1920 until 1931, cartoonist Gould couldn't sell any of his 60 ideas for a humorous comic strip. One evening after dinner at home in Woodstock, Ill., as he was reading the newspaper, the headline "Another Gangster Killing" shifted his thoughts to a serious strip. Crime was rampant in Chicago. If police couldn't catch the crooks, Gould would create a character that could. Dick Tracy—originally called Plainclothes Tracy—was born, modeled after Gould's childhood hero, Sherlock Holmes.

"He asked himself, 'What would a Sherlock Holmes look like in present day?' Well, he wouldn't wear a deerstalker hat; he would

(Continued on page 16)



Dick Locher writes and draws today's *Dick Tracy*.

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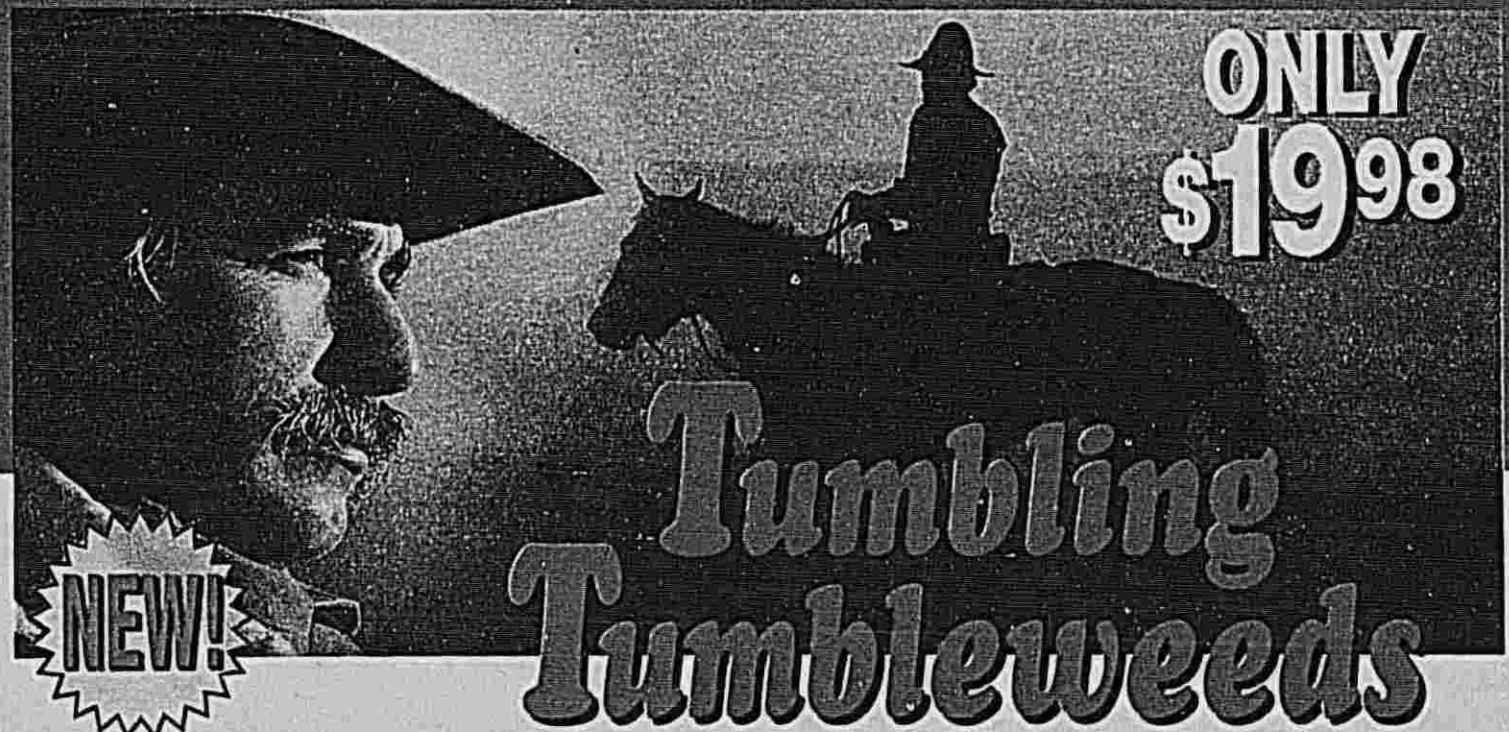
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That) Jingle, Jangle, Jingle Tex Ritter • **Home On The Range** Gene Autry • **I Want To Be A Cowboy's Sweetheart** Patsy Montana • **Twilight On The Trail** Johnny Bond & His Red River Valley Boys • **Ragtime Cowboy Joe** The Riders Of The Purple Sage • **Empty Saddles** The Sons Of The Pioneers • **Yellow Rose Of Texas** Roy Rogers • **That's What I Like About The West** Tex Williams • **There's A Love Knot In My Lariat** Wilf Carter (Montana Slim) • **New San Antonio Rose** Bob Wills • **Cowboy Blues** Gene Autry • **My Chickashay Gal** Roy Rogers • **Lone Star** Patsy Montana • **Love You Big As Texas** Tex Ritter • **When The Cactus Is In Bloom** Jimmie Rodgers • **Mexicali Rose** Gene Autry • **Rhythm Of The Range** Roy Rogers • **My Love Is A Rider (Bucking Bronco)** Girls Of The Golden West • **The Wayward Wind** Tex Ritter • **That Silver Haired Daddy Of Mine** Gene Autry • **The Last Round-Up** Johnny Bond • **When The Campfire Is Low On The Prairie** Rex Allen • **Take Me Back To My Boots And Saddle** Tex Ritter • **Happy Trails** Roy Rogers & Dale Evans • **AND MANY MORE...75 IN ALL!**

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Warren Beatty played Dick Tracy on screen in 1990.

wear a fedora and trench coat," O'Connell
says. "He gave him a sharp nose for 'trac-
ing' clues—that is where the name Tracy
came from. He gave him a strong chin for
strength. Dick Tracy stood for everything
my father stood for: truth and honesty. And
the fact that crime does not pay was the
major reason for Dick Tracy."

Perhaps Gould, who died in 1985, also
looked in the mirror for inspiration. "My
dad *was* Dick Tracy," O'Connell says. "He
could be so gentle and loving, and he could
be so strong; not like Hercules, but strong
when he needed to use strength. He had
everything a human being needed."

HIGH-TECH TRACY

Tracy is indeed human—not a super-
hero, like other comic book crime-fighters
such as Superman—so he always had to
rely on his smarts and persistence to catch
the crooks. "He also used the latest police
procedures and technology to battle crime,"
says Jim Johnson, director of the Chester
Gould-Dick Tracy Museum in Woodstock,
Ill. "Chester Gould consulted and even had
staff assistance of police officers to make
sure everything Tracy did was in accor-
dance with appropriate police procedures
and technology."

Gould kept Tracy on the cutting edge
of technology, introducing futuristic devices
in his strip that later became reality. Tracy
introduced his crook-finding "electronic
telephone number pickup" in 1954; the rest
of us didn't get Caller ID until years after
its 1982 patent. Tracy went to the moon



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in 1962, seven years before the first Apollo moon landing, and his ever useful "two-way wrist radio" preceded such later innovations as cellular phones and pocket-size computers.

But gadget-savvy Gould was first and foremost a storyteller who mastered the art of continuity, an idea that was new to comic strips at the time. Readers couldn't wait to get the next day's edition to see how Tracy was going to escape his latest predicament, whether he had been shot, stabbed or frozen, or what evil deeds those despicable crooks were going to do next.

"Gould made the villains intentionally grotesque because he didn't feel that crime or criminals were beautiful, with a few exceptions, like Breathless Mahoney," Johnson says. "But generally they were characters like The Brow or Pruneface or Flattop. They were ugly as crime is ugly."

Locher is committed to maintaining Gould's integrity in today's strip, so while Tracy's crime-fighting technology has evolved, it still is driven by vivid characters and the philosophy that crime doesn't pay, whether it's in corporate high-rises or seedy back alleys.

"Chester Gould said if we don't obey laws, we are in big trouble, and I wholeheartedly agree," Locher says. "The laws are there for a reason, and that's the backbone of Dick Tracy." ☆

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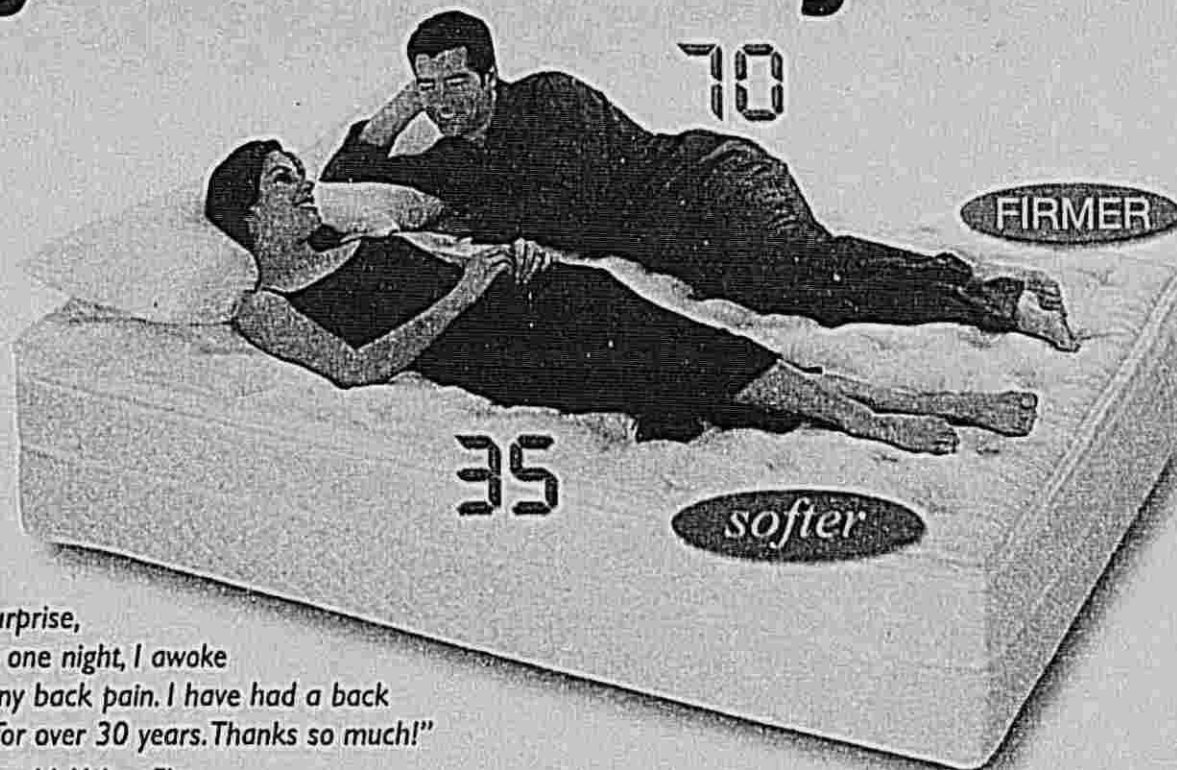
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OCT. 8-
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Happenings

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Red Herring—Alton, Oct. 27-Nov. 5. Three love stories, a murder mystery and a nuclear espionage plot converge in this comedy at the Alton Little Theater. For tickets, call (618) 462-6562.

INDIANA

Tour of Homes—Madison, Oct. 13-15. Owners of eight private historic homes in the downtown district open their doors for tours during this Tri Kappa Sorority benefit for college scholarships and other community projects. (800) 559-2956.

IOWA

Cedar Valley: Firsts, Lasts and Onlys—Waterloo, Oct. 24-July 7, 2007. Learn about superlatives of all sorts during this exhibit highlighting the fields of transportation, manufacturing, education, sports, entertainment and citizens' accomplishments. Grout Museum of History and Science. (319) 234-6357.

KANSAS

Mini Sappa Antique Engine and Thresher Show—Oberlin, Oct. 7-8. View antique thresher and sawmill demonstrations, small engine displays, and vintage cars and tractors, plus enjoy a children's tractor pull and hog roast at the Decatur County Fairgrounds. (785) 475-3641.

MICHIGAN

Apple Festival—Charlevoix, Oct. 13-15. Shop for fresh apples, apple pies and turnovers, caramel apples and apple cider, plus enjoy a craft show and children's activities at East Park. (800) 951-2101.

MINNESOTA

Field of Screams—Chisholm, Oct. 20-22 and 26-29. Encounter ghosts and goblins during evening events in which volunteers don costumes to haunt the Minnesota Museum of Mining. (800) 422-0806.

MISSOURI

Deutsch Country Days—Marthasville, Oct. 21-22. Juried artisans demonstrate early 1800s crafts and skills that German settlers brought to the state. This event also features a tour of an 1840s log home and home-cooked food at Luxenhau Farm. (636) 433-5669.

NEBRASKA

State and National Hand Corn-husking Contests—Columbus, Oct. 21-22. Cheer on individuals and teams as they shuck corn during timed competitions, plus view an antique tractor pull and antique machinery display on Eighth Street. (402) 564-2769.

NORTH DAKOTA

An Evening on the Emerald Isle—Jamestown, Oct. 14. Enjoy culinary adventures, entertainment and an auction during this benefit for the students of St. John Academy at the Zebedee Center. (701) 252-1178.

OHIO

Mohican Lumberjack Festival—Loudonville, Oct. 14-15. Watch as world-champion lumberjacks demonstrate their skills in axe throwing, power sawing, log jousting, speed carving and pole climbing. (419) 994-4789.

SOUTH DAKOTA

Arts & Crafts Festival—Faulkton, Oct. 21. Shop for handcrafted creations, including jewelry, soaps and wooden items, from about 60 exhibitors; and enjoy a lunch at the Faulkton School gymnasium. (605) 598-6763.

WISCONSIN

Women's Weekend—Boulder Junction, Oct. 21-22. Pamper yourself with a weekend of classes and seminars on topics such as journal writing, healing arts and caring for your skin, plus enjoy an artist walk and breakfast. (715) 385-2400. ★



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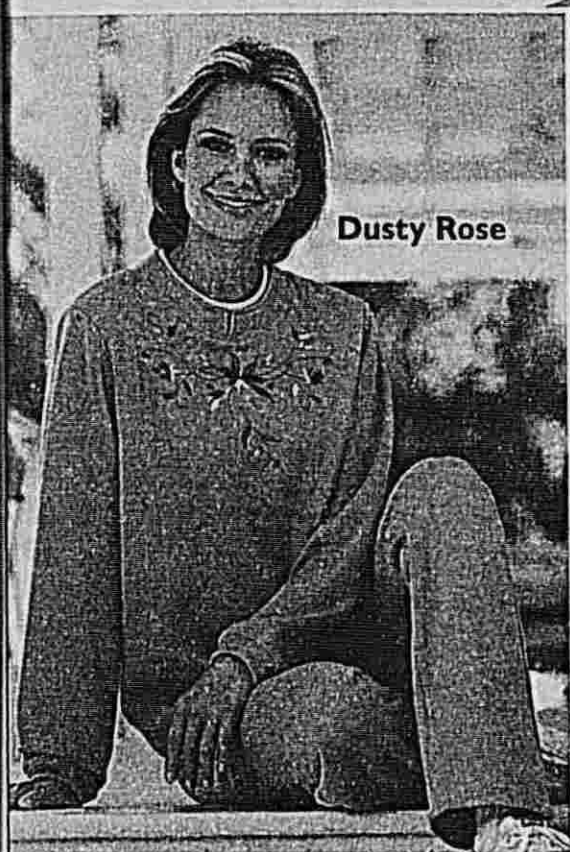
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Health

by MARI
S. GOLD

Heading Off a Headache

Judy Brown started having headaches as a teenager, and her throbbing migraines worsened under the pressures of college and, later, a demanding sales training job that required frequent travel.

"Whenever a headache hit—and they did frequently—I was wrecked," says Brown, now 47, of Nashua, N.H. "I'd be popping pills and holding cold packs to my temples." Often, the relentless pain forced her to bed.

Finally, in 1986, Brown found relief through a headache clinic, where her doctor weaned her from most medications and suggested she reduce her caffeine intake to one cup of coffee a day. Brown also began to identify her headache "triggers" and learned that the best way to live headache-free is to avoid what causes them in the first place.

All headaches are not alike, but many can be derailed by following simple steps such as:

- Maintaining a regular sleep pattern by going to sleep and getting up at the same time each day.
- Exercising, including aerobic exercise three times a week.
- Not skipping meals, especially breakfast.
- Drinking plenty of water.
- Taking short breaks during work.

It's important for chronic headache sufferers to identify what causes their pain. Brown's headache triggers include strong aromas such as perfumes and certain foods, including aged cheese, chocolate and processed meats that contain sodium nitrates, so she avoids them.

Other headache triggers can include stress, weather, hormonal changes, glaring light, eyestrain or motion. To help you identify what factors are contributing to your pain, the National Headache Foundation suggests keeping a headache diary or journal. This lets you document personal and family headache history and track patterns of eating, alcohol intake and activities that generally precede a headache. Such records can help you or your doctor isolate the problem.

For Brown, the self-examination and subsequent changes in her lifestyle have paid off. "Compared to when I had incapacitating headaches almost daily, now I'm pain free 95 percent of the time," she says.

Mari S. Gold is a freelance writer in New York.

Visit www.headaches.org for more information.

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Odd Jobs

by KATHY SUMMERS

Devouring the West's Weeds

Lani Malmberg wanders the meadows, hillsides and waterways of the West, hooked staff in hand, pitting 1,500 cashmere goats against pockets of unwanted weeds that infest the landscape.

A full-time traveling goat herder with a master's degree in weed science, she works out of a travel camper where she also sleeps. But Malmberg, 49, lives largely outdoors under open skies, herding goats from one patch of wild weeds to another with the help of five canine companions.



One of Malmberg's canine companions

"Bring 'em back, Bru," Malmberg calls to her lead herding dog. The Border collie jumps out of the bushes, looks around, then dashes to nip two straggling goats back toward the herd. Task completed, Malmberg coos, "That'll do Bru," then finally barks, "Down!" to get the hard-working dog to stop and rest.

Employees help set portable electric fences at each new job site before unloading the goats from two large four-deck semi-trailers

that transport the animals. Malmberg's day allows a lot of free time between chores that include watering the goats and then guiding them to new grazing plots. Occasionally a wound needs tending or an orphaned kid needs bottle-feeding.

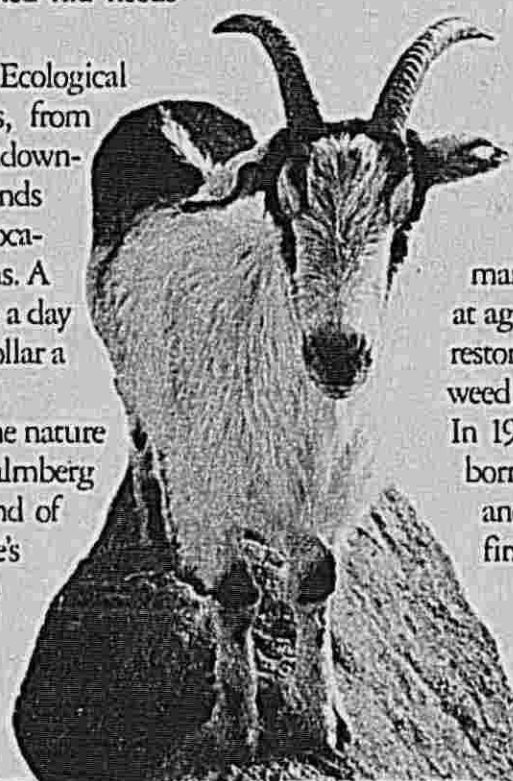
Malmberg's company, Ewe4ic Ecological Services, has a list of repeat clients, from municipal governments to private landowners to homeowners associations. She tends the goats year-round, staying at each location from a few weeks to several months. A hundred goats can graze about an acre a day and Malmberg's fees start at about a dollar a day for each goat.

The cost of each job depends on the nature and location of the weeds, a subject Malmberg knows well. In fact, she says she's kind of a weed herself, living off other people's land in any of 10 Western states from Kansas to California. Unlike a weed though, Malmberg and her herd of grazing goats leave the land better than they found it.

Malmberg believes weeds are a symptom of an ecological imbalance, and her goats help restore the land to a natural state. "My higher education mostly qualifies me to hawk chemicals," Malmberg says, "but I want people to know they have better options."

Originally from Nebraska and then Wyoming, Malmberg left the family ranch in the late 1980s when poor economic conditions crippled many small ranches. She returned to school at age 33, earning degrees in environmental restoration, biology/botany, and eventually weed science at Colorado State University. In 1998, she launched her unique business, borrowing money against her pickup truck and her sons' college savings to buy her first 100 goats.

Word of Malmberg's weed-eating goats spread like, well, weeds. It turns out her service is sorely needed to keep weeds from taking over large tracts of land, especially in places



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Lani Malmberg's goats work a tract of land near Bridger, Mont.



Photos: David Grubbs

with rugged rock crevices and steep, craggy hillsides, and in areas close to water where city laws and public concern prevent the use of chemical weed control.

Her business is full service. Before setting her goats to graze, Malmberg seeds the land with native grasses. While the goats munch the weeds and fertilize the seeds, they mulch and aerate the soil with their tiny hooves. Malmberg says weeds are the goats' gourmet food of choice and they seem to know which plants belong there and which ones don't.

"The weeds are smarter than the native plants, the goats are smarter than the weeds, and the only things smarter than the goats are the Border collies," Malmberg says.

Robert A. Lee, a zoologist and director of environmental management for the city of Cheyenne, Wyo., and a regular client of Malmberg's business, credits the goats with reducing Cheyenne's overall weed infestation by more than 50 percent, without using a drop of herbicide. "The goats are great," Lee says, "but Lani Malmberg's weed science expertise is what sold us. She didn't just fall off the turnip truck." ☆

Kathy Summers is a freelance writer living in Cave Creek, Ariz.

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**Made in
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Shipwright by Birthright

by WARREN D. JORGENSEN

When Harold Burnham, 39, lays the keel for a hand-crafted wooden boat in his boatyard in Essex, Mass. (pop. 3,267), he's carrying on a family tradition dating to 1819. He opened the business in 1995 on land where ancestor Oliver Burnham operated a boatyard five generations ago, until it closed during World War II. In fact, Harold is the 28th Burnham to make a career in the shipwright trade, operating the only full-time boatyard in Essex today.

Harold was born into a culture of sailing and boat building, where the craft is absorbed rather than learned.

Photos: John Rich



Burnhams have operated a shipyard in Essex, Mass., dating back to 1819.



Photo: John Rich

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"Essex set the standard for American fishing boat construction during the 18th and 19th centuries," he says. At one time in the 19th century, one of every seven sailing boats in America was built in Essex. The Burnhams are very much a part of that legacy, being among the seven original families that settled the town in 1635.

Harold got his first taste of the trade watching his father, Charles, 71, a physicist and part-time boat builder. Neighbor and mentor Brad Story, a retired full-time boat builder, showed him how he could make a living at it.

Charles can remember his son's first boat building experience. "He had to build a sailboat from walnut as part of a class project in the first grade, and Harold's sunk," Charles says. "We are extremely proud of him now. There aren't too many who would take on the shipwright's trade, but Harold is doing it, and doing it well."

When Harold was 10, he began building dories, or row-boats, with his brother Theodore and sister Deborah under their father's watchful eye, selling each to build the next. While in high school, Harold restored and built small sailboats, known as Beetle Cats, to support his love of sailing. Building and sailing formed a symbiotic relationship in his young life.

A degree in maritime transportation from the Massachusetts Maritime Academy in Bourne (pop. 18,721) was followed by five years at sea as a merchant marine. He returned home in 1994 to marry his wife, Kim, and open his boatyard. "A man who does what he loves never works a day in his life," he says.

Harold's dream always has been to build replications of traditional New England fishing vessels like those his ancestors built. In their original form, those schooners and sloops were workboats, pickup trucks of the sea, built because they were necessities, not luxuries.

During a boat's construction, he uses everything from the traditional hand-held adze—an axe-like tool used for more than a thousand years to shape and dress lumber—to modern power tools. "I build boats from what I know," he says. "It's largely an eyeball thing."

His first commission came when Tom Ellis, a contractor and antique store owner, decided to build a Gloucester schooner. Ellis recalls his 1996 meeting with Burnham, a then untried 29-year-old shipwright. "He held up a half model of what I had in mind and told me it stunk," Ellis says. "He came back three days later with a model of a real Gloucester schooner and said, 'This is what you want.' That's what he designed and built."

Work began on the ship in October 1996 and, with a crew of up to eight men, Harold worked seven days a week, sometimes 18

hours a day, weathering the brutal winter to create a floating masterpiece. Dubbed the *Thomas E. Lannon*, the twin-masted schooner entered the water in June 1997, measuring 90 feet long and weighing 51 tons. It was built completely by hand, using lumber cut from local trees, and by shaping and fitting every piece from the keel to the masts and spars. It has mahogany above the water line, white oak below, with a 9-foot draft under 1,700 square feet of sail. Attention to tradition and detail is evident in the more than 2,000 black locust trunnels, or dowels, holding it all together.

In 1998, Harold built a 32-foot-long sloop for the Essex Historical Society and Ship Building Museum where he serves on the board of directors. His latest achievement was the launching in August of the 38-foot, two-masted schooner *Isabella*.

"He's a genius," Ellis says, "and he is going to go down as one of the greatest boat-builders of all time." ☆

Warren D. Jorgensen is a freelance writer in Tarrytown, N.Y.

**Burnham uses centuries-old techniques to craft
Isabella, a 38-foot schooner launched in August.**



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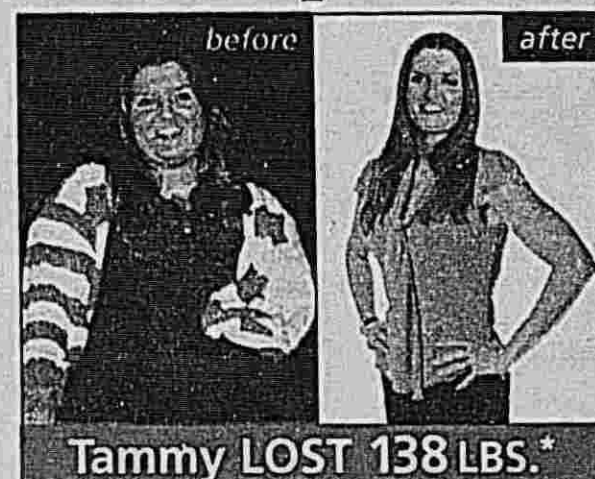
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*Weight lost on prior NutriSystem program. Results not typical. All other weight loss claims are based on an independent survey of NutriSystem clients who stayed on-program for an average of 12 weeks. On NutriSystem, you add-in fresh fruit, vegetables, salads and dairy items.



Lone Star Coaching from the Heart

On Friday nights, schoolboy football players carry their hopes, desires, and dreams onto every gridiron across Texas. Living and dying with each pass, run and tackle are the townspeople in those communities. The center of all this focus stands one man—staunch, determined, immutable: the coach. His influence reaches not only his players but also deep into the communities themselves, where high school football rules.

Bulletproof

Months after a bullet from the gun of a crazed parent nearly took the life of Canton High coach Gary Joe Kinne, his 16-year-old son, G.J., Canton High's quarterback, sat in the locker room during halftime of a game, wondering if his father's courageous fight was in vain. The wound from April 2005 had escalated into a serious infection; so serious that Coach Kinne was forced back into the hospital on the worst possible day: game day. "We were down 34-6 at halftime," G.J. says of that night's game. "I came out of the tunnel crying; I couldn't get into the game." During halftime Canton's assistant coaches gambled. Playing the emotional card, they called the hospital and put the weakened coach on speakerphone. "He said, 'Win this one for me,'" G.J. recalls. "We rallied 'round my dad, and we won the game." In fact the entire community of Canton rallied, showing their support of the popular coach and his son by regularly mowing the family's lawn and bringing food to the Kinne's residence. As Kinne recovered, the father-son tandem rode the wave of community support to guide Canton to its best-ever finish. Once given a 15-percent chance of surviving, Gary Joe went on to take a position at Baylor University, where G.J., a top recruit at quarterback, will follow. After nearly losing his father, G.J. can't get close enough. "It's still in the back of my mind," he notes. "That was one of the reasons I committed to Baylor. You never know how long you're going to have someone."

Coaching the Town of Frenship

"The thing about football in West Texas," says Brad Davis Frenship H.S. Football Coach "is that if you get your school off to a good start with success on the football field, everything else runs smoothly. The impact it has on the school—with the teachers, the administration, and everybody else—just makes the community come closer together, and everybody wants to be at the game on Friday night." This season marks the first time in 25 years that Bobby Davis (Brad's dad) isn't roaming the Frenship sidelines as head football coach. Brad has spent 20 years coaching at his dad's side. "He's one of the most respected head coaches in Texas high school football," Davis says of his retired dad. "It never crossed my mind that I would replace him someday. I'd be crazy to try to fill his shoes." Solidly embedded in the elder Davis' shoes are numerous awards venerating his illustrious coaching career, from the Tom Landry Award, given by the Texas High School Coaches Association, to the 2005 Wolfforth Community's Man of the Year award. Davis's effect registered far beyond meritorious honors. "When a high school football coach does what he did for this area, the impact is felt by everybody that's got anything to do with high school football in this part of Texas," says Brad Davis. "He's coached kids whose fathers he coached here in this community. They [former players] wanted their sons to be coached by Bobby Davis. They had so much respect for him that they wanted their sons to be a part of his program. That speaks volumes in itself: a respect for the program, for the man who headed up the program, and the football success that he was able to bring to both generations at Frenship."

FRIDAY NIGHT LIGHTS
PREMIERES OCTOBER 3 TUESDAYS 8/7c  NBC



"I was big—now I'm not!"

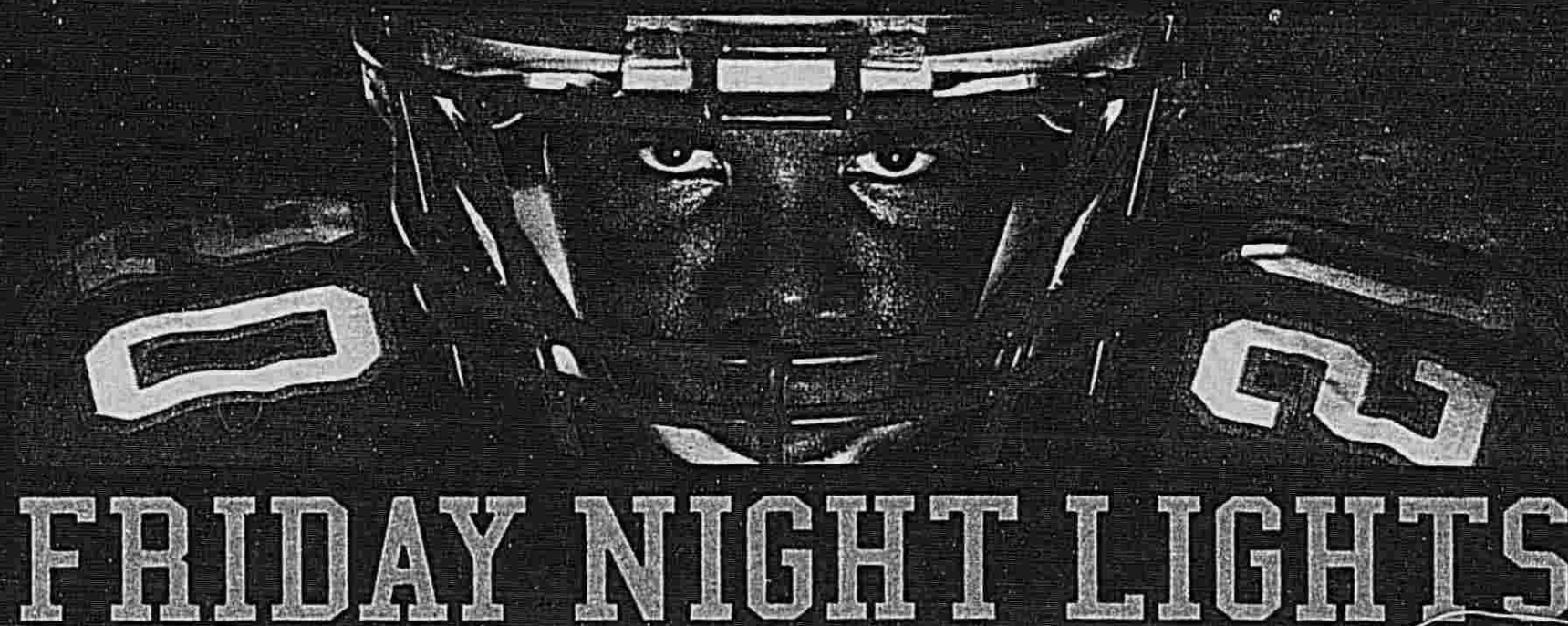
"It's just an easy, breezy program!"

One morning Tammy couldn't get out of bed. Having ballooned to 260 lbs., she just didn't have the energy. It was then she realized she had to make a change or lose the most important fight of her life. "That day," the now perky girl from Kankakee, Illinois, bubbled, "I realized I wasn't living at all. I finally said enough is enough. I eventually lost 138 lbs. and got my life back, thanks to a no-brainer plan from NutriSystem®."

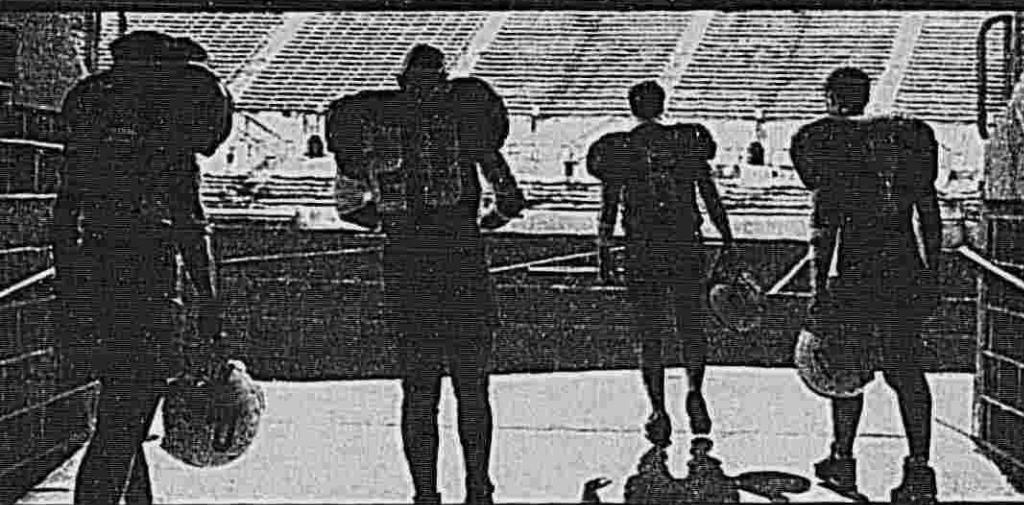
nutrisystem®



EVERY DAY COUNTS. ONE NIGHT MATTERS.



FRIDAY NIGHT LIGHTS



PREMIERES OCTOBER 3 TUESDAYS 8/7c  NBC

KOHL'S®

expect great things®

incredible savings days

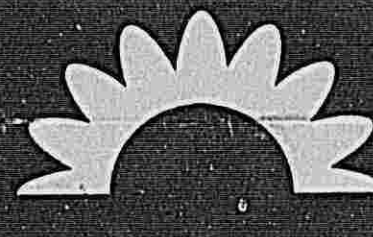
2 days only

**Friday & Saturday,
September 29 & 30**

POWER HOURS

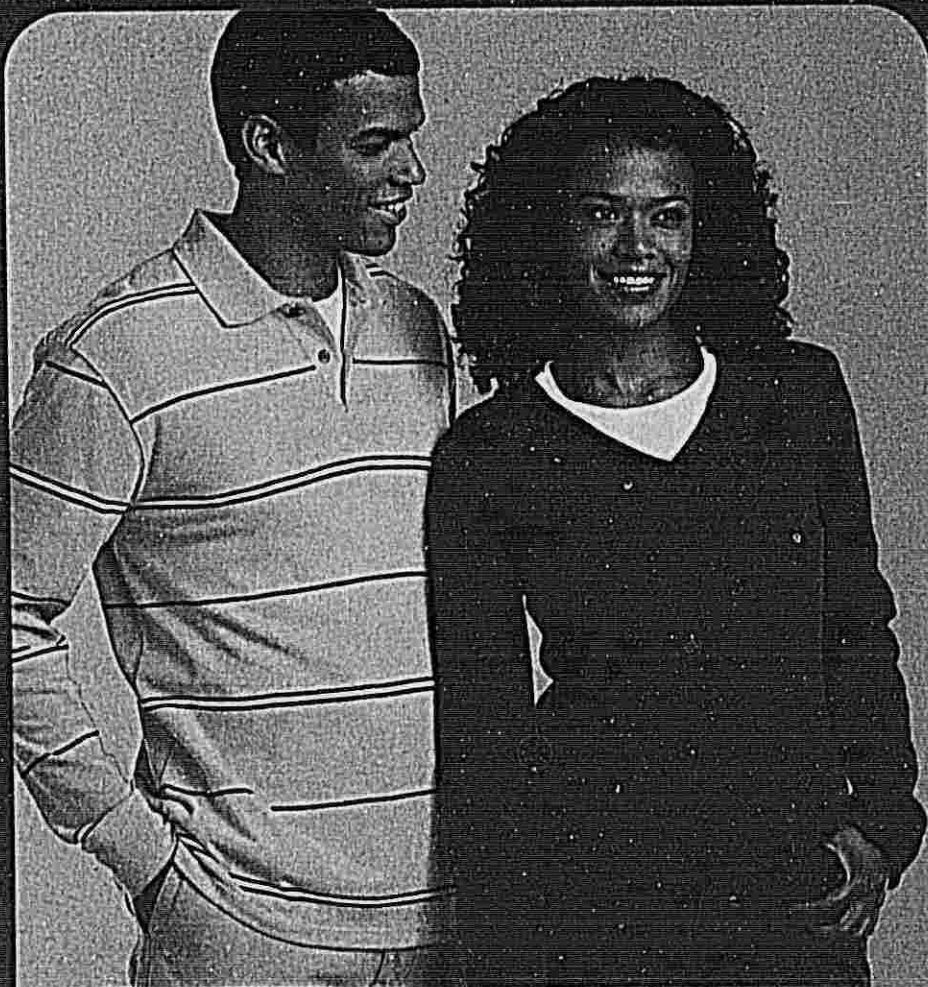


NIGHT OWLS
FRIDAY 3PM-11PM



EARLY BIRDS
SATURDAY 7AM-1PM

SPECIAL HOURS! BEST PRICES!



 **NIGHT OWLS**  **EARLY BIRDS**

**50-60% off
entire stock**

**Sonoma, SO... and Croft & Barrow®
knit tops and sweaters**


for men, misses, juniors, young men & kids.
orig. \$10-\$45, sale 5.00-22.50

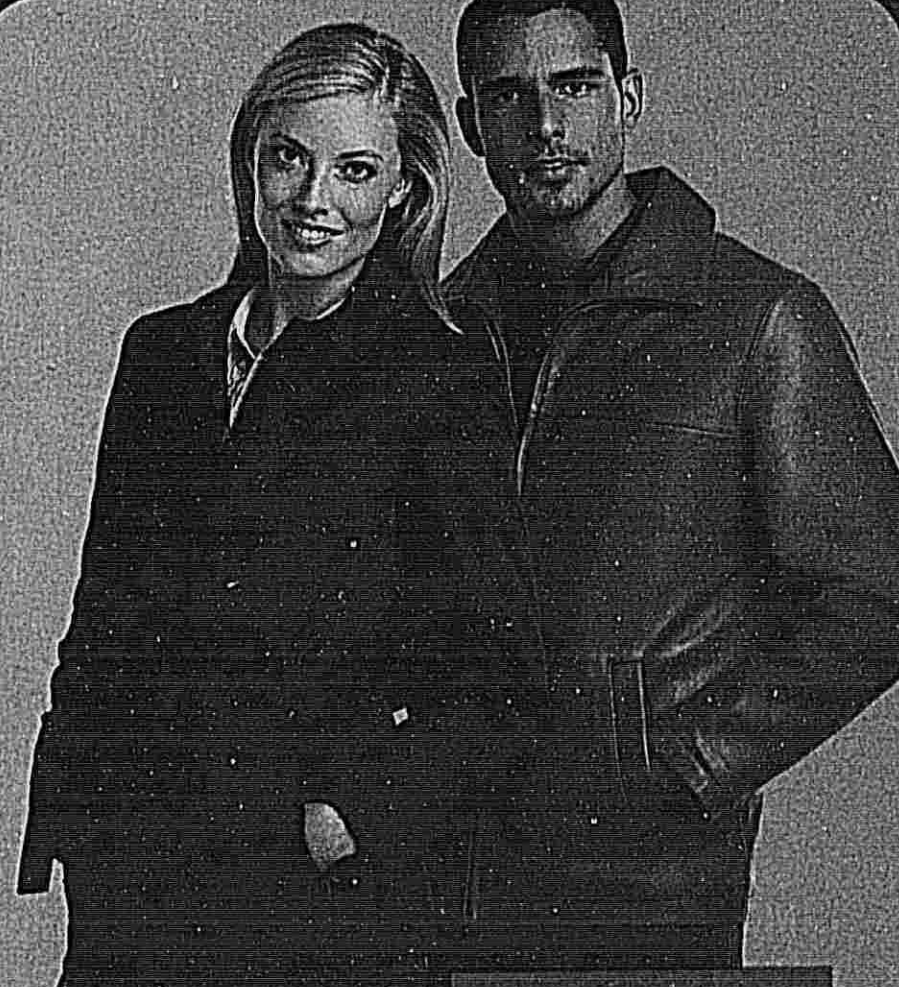


 **NIGHT OWLS**  **EARLY BIRDS**

50-60% off

**all sleepwear, loungewear and robes
for him and her from apt. 9,
Croft & Barrow®, Sonoma and SO...**

orig. \$12-\$70, sale \$6-\$35 SONOMA life+style®.
SO...so real. so right®.  selected items online P9281



 **NIGHT OWLS**  **EARLY BIRDS**

**50-55% off
entire stock**

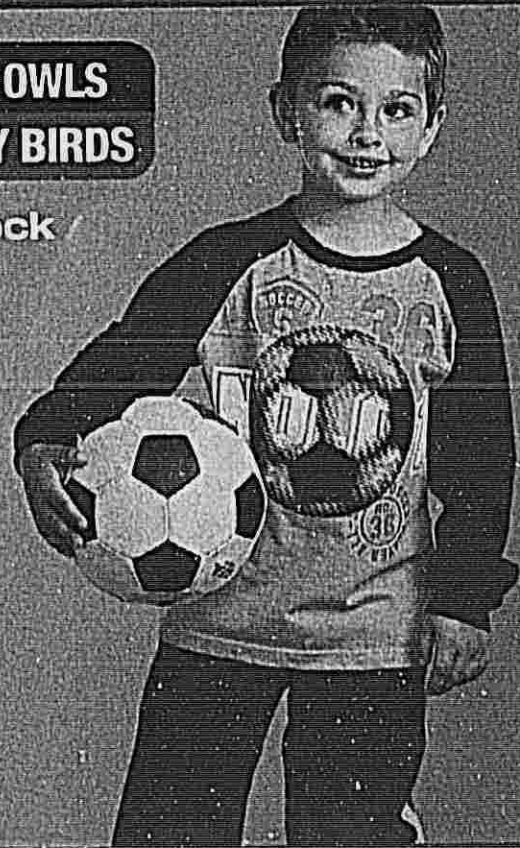
outerwear for the family

Misses, men, juniors, young men, kids and women.
orig. \$35-\$380, sale 17.50-190.00
Excludes Columbia Sportswear Company® and athletic.

 **NIGHT OWLS**
 **EARLY BIRDS**

**Entire Stock
50% off**

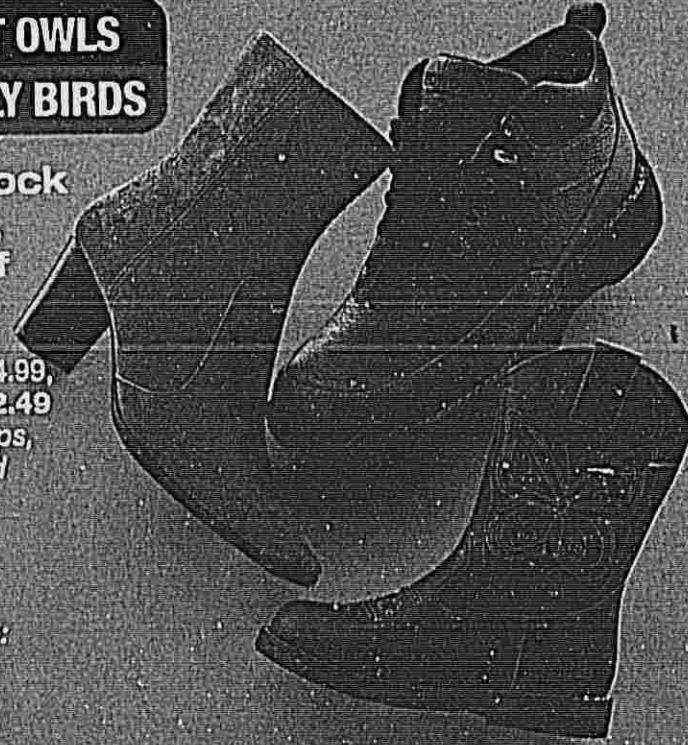
**Playwear
for boys 4-7,
girls 4-6x and
toddlers.
Playwear not
intended as
sleepwear.**



 **NIGHT OWLS**
 **EARLY BIRDS**

**Entire Stock
50% off**

**Boots
for the family,
orig. 34.99-104.99,
sale 17.49-52.49
Excludes Chaps,
Candle's®, and
Columbia
Sportswear
Company®.
 selected
items online:
SHOES**



 **NIGHT OWLS**
 **EARLY BIRDS**

99⁹⁹

**7-inch digital
photo frame**
Displays up to 100
digital photos on 64MB
of internal memory.
No PC required. Two
interchangeable frames.
Transfer images
directly from your
digital camera,
camera memory card
or PC. orig. 199.99.
While quantities
last - sorry no
rain checks.
Available in store only.



16⁹⁹
Activewear separates from FUDa, N.Y.L., daisy Fuentes sport and Gloria Vanderbilt® Sport for misses. orig. \$24-\$38. Selected styles. [shop online P92813](#)

Entire Stock 50-60% off
On Baby!™ by Motherhood® maternity apparel orig. \$20-\$52. sale \$10-\$26. [selected items online P9289](#)

60% off plus save an extra 15%
on entire stock of sterling silver jewelry
19.99 ea. Final Price
Your choice sterling silver heart charm bracelets. reg. \$85 ea. sale 23.52 ea. [selected items online P2200](#)

25-50% off plus save an extra 10%
on entire stock of watches
reg. 13.95-650.00, sale 14.96-487.50, final price 13.46-438.75
[selected items online P999](#)

Entire Stock 60% off
Throws orig. 29.99-159.99, sale 11.99-63.99
6.99
The Big One™ fleece throw. orig. 19.99

All Sizes 34⁹⁹
Home Classics® slipcovers reg. 89.99

Entire Stock 55% off
Harvest home decor

35⁹⁹
Cosmopolitan 27" spiral wall sconce includes 14 glass tealight holders. reg. 89.99. [resizable not included.](#)
60% off all other decorative lighting

SPECIAL HOURS! BEST PRICES!

POWER

NIGHT OWLS FRIDAY 3PM-11PM

HOURS

Selected Night Owls & Early Birds also available online.

EARLY BIRDS SATURDAY 7AM-1PM

Save 50-60%
Women's sportswear from Sonoma, apt. 9™, Croft & Barrow®, daisy Fuentes® and more. Sizes 1-XL & 18W-24W. orig. \$22-\$48, sale \$11-\$24. [Selected styles. shop online P92810](#)

Entire Stock 26⁹⁹
Corduroy pants from Lee®, Dockers® and Gloria Vanderbilt® for misses & petites.
50% off all Lee® & Gloria Vanderbilt® cropped pants for misses orig. \$38, sale \$19

Entire Stock 16⁹⁹
SO... fashion jeans and corduroy & casual pants for juniors. orig. \$38. [selected items online P92811](#)

Entire Stock 55% off
Sets for boys 4-7, girls 4-8X and toddlers. Excludes athletic

Entire Stock 9⁹⁹
Long-sleeved layering thermal, henley & raglan tops for young men. orig. \$24

Entire Stock 30% off
Jeans for men & young men from Lee® and Lee® Dungarees. [shop online P92817](#)

All Sizes 49⁹⁹
3-pc. down comforter set. Includes comforter & 2 pillows. reg. 109.99-129.99

50-60% off entire stock
Sonoma sportswear for misses & petites. orig. \$12-\$48, sale \$6-\$23. [selected items online P92812](#)

50-60% off
apt. 9™ sportswear for misses, petites and women. orig. \$20-\$48, sale 7.40-23.99. [Selected styles. shop online P9288](#)

55% off entire stock activewear
for juniors. orig. \$18-\$34, sale 8.10-15.30. Excludes MJ Softe®. [selected items online P92814](#)

50% off entire stock jumpers and dresses
for girls 4-16, toddlers, infants and newborns. [selected items online P92815](#)

40-50% off entire stock
Tony Hawk® apparel for young men and boys 4-20. [selected items online P92816](#)

50% off entire stock
suit separates for men from Chaps, apt. 9™ and access. orig. \$75-\$220, sale 37.50-110.00

50% off
Cookware. Selected styles. [shop online P92819](#)
59.99
Farberware® Provisions 10-pc. stainless steel cookware set. reg. 119.99

Entire Stock 50% off
Cutlery. Excludes Henckels®.
124.99
Your choice Chicago Cutlery® Insignia® II 18-pc. or Cuisinart® 19-pc. mega stainless steel cutlery sets. reg. 249.99 ea.

74⁹⁹
iLive® boombox Charges iPod® while it plays. Compatible with every iPod®. Also plays CDs. Includes full-function remote control. iPod® not included. reg. 119.99

plus, save 30% on all other Belkin or iLive® iPod® accessories
[selected items online H3520](#)

Entire Stock 15% off
Fine fragrances reg. 4.50-70.00, sale 3.82-59.50. Excludes fragrances from American Beauty and grassroots®. [selected items online B1800](#)

Entire Stock 50% off
Panties from Barelythere®, Bali®, Warner's®, Vanity Fair® and Maidenform®. reg. 3/16.50 to 9.00 ea. sale 3/8.25 to 4.50 ea. Excludes bra coordinates. [shop online P92816](#)

Entire Stock 50% off
Belts for her. orig. \$18-\$25, sale 8.00-12.50

26⁹⁹
Athletic shoes for men and women from Avia® & Reebok®. orig. 49.99. [Selected styles. selected items online: SHOES](#)

Entire Stock 50-60% off
Sport shirts for men from Croft & Barrow® and William®. orig. \$24-\$40, sale \$12-\$20

Entire Stock 18⁹⁹
Casual pants for men from Croft & Barrow® and Sonoma®. orig. \$40

39⁹⁹
Oversized cherry TV tray set. Includes 4 trays & stand. reg. 99.99

Entire Stock 60% off
Luggage from Skyway®, Nine & Co.® & Chaps. reg. 24.99-299.99, sale 9.99-119.99

60% off entire stock

fine jewelry & sterling silver jewelry

Shop online P999 & P2200

79.99 pr. Super Buy
1/4 ct. T.W. round or princess cut diamond solitaire earrings.
14k gold, reg. \$250 pr.

249.99 pr. Super Buy
1/2 ct. T.W. round or princess cut diamond solitaire earrings.
14k gold, reg. \$750 pr.

149.99 ea. Super Buy
Entire stock 1/2 ct. T.W. diamond jewelry.
10k gold, reg. \$450 ea.

48.99 pr.
Entire stock 14k gold earrings.
reg. \$125 pr.

9.99 ea.
Your choice sterling silver earrings, pendant or ring.
reg. \$25 ea.

Jewelry photos enlarged to show detail.
Diamond Total Weights are approximate.
T.W. may vary up to .05 ct. Actual savings may exceed the percent savings shown.

entire stock

25-50% off

Watches
reg. \$19.95-\$50.00,
sale 14.95-\$47.50

Armitron®

entire stock

33-50% off

Fashion jewelry
orig. \$8-\$28,
sale 5.36-\$18.76
Excludes Napier®
and 1928®

NINE & CO.

**30-50% off
entire stock**

handbags, minibags & handbag
& fashion accessories
orig. 8.00-\$8.50, sale 5.60-\$8.95 Accessories dept.
selected items online W1600

SO

**14⁹⁹
entire stock**

SO... 5-pkt. jeans
for juniors, reg. 29.99
selected items online P92825

energie

60% off

knit tops for juniors
from Energie® and SO...
orig. \$12-\$18, sale 4.80-\$7.20
Selected styles.
selected items online P92826

50% off

Sweaters
for juniors,
orig. \$24-\$36,
sale \$12-\$18
Selected styles.

50% off

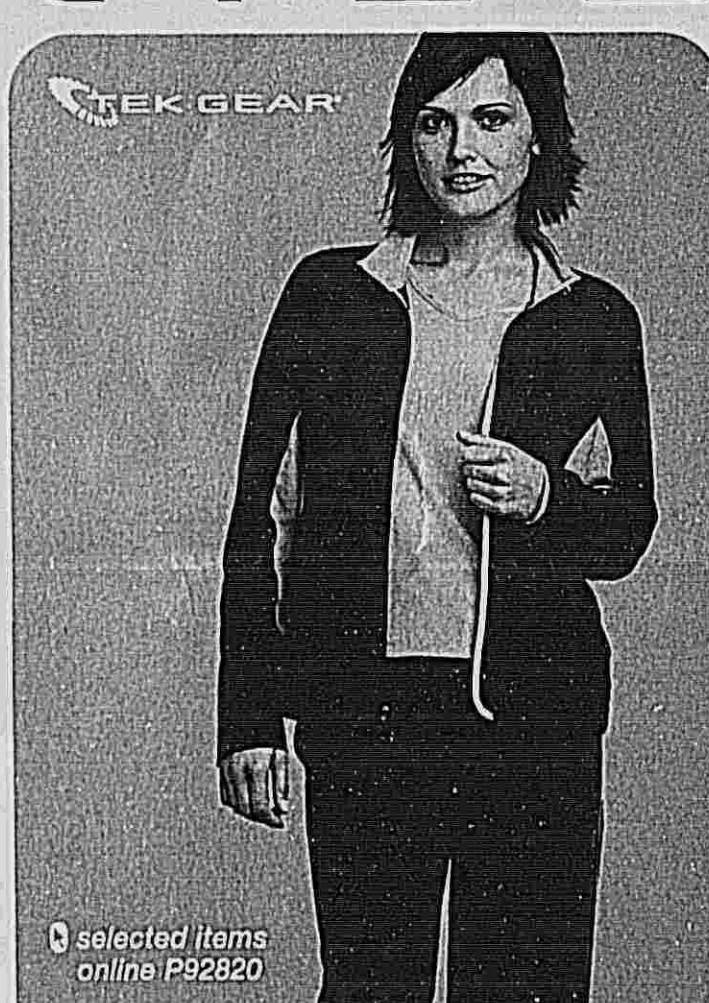
Woven tops
for juniors,
orig. \$28-\$40,
sale \$14-\$20
Selected styles.

50-60% off

separate skirts & pants
and collections
for juniors, orig. \$18-\$36,
sale 5.99-\$18.00 Selected styles.
Excludes Candie's®

incredible savings days

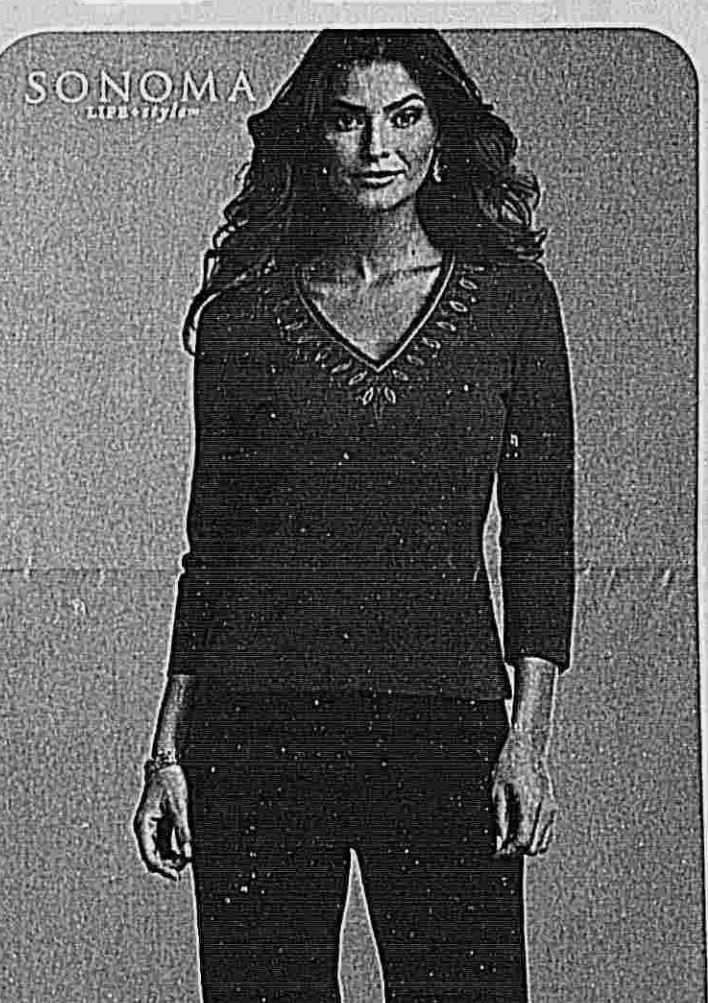
2 days only Friday & Saturday, Sept. 29 & 30



selected items
online P92820

20-50% off

active & fitnesswear from Tek Gear®,
Nike®, adidas®, Russell® Athletic,
Danskinn®, daisy fuentes® sport, N.Y.L.,
Gloria Vanderbilt® Sport & Fu Da®
for misses, orig. \$16-\$50, sale \$12-\$40
Selected styles.



40-50% off

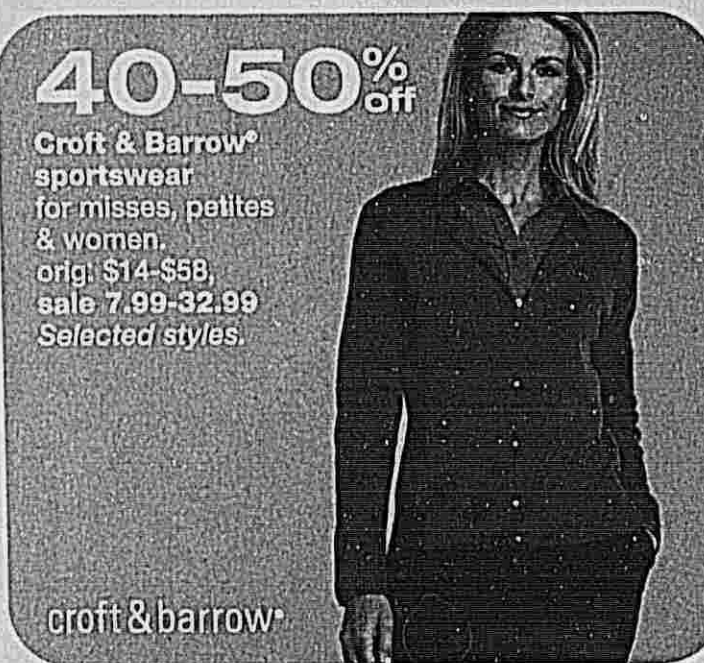
Sonoma sportswear
for misses, petites & women,
orig. \$12-\$46, sale 7.20-\$27.60 Selected styles.
selected items online P92821



40-50% off

apt 9® sportswear
for misses, petites & women,
orig. \$20-\$60, sale 9.99-\$34.99 Selected styles.

apt 9



40-50% off

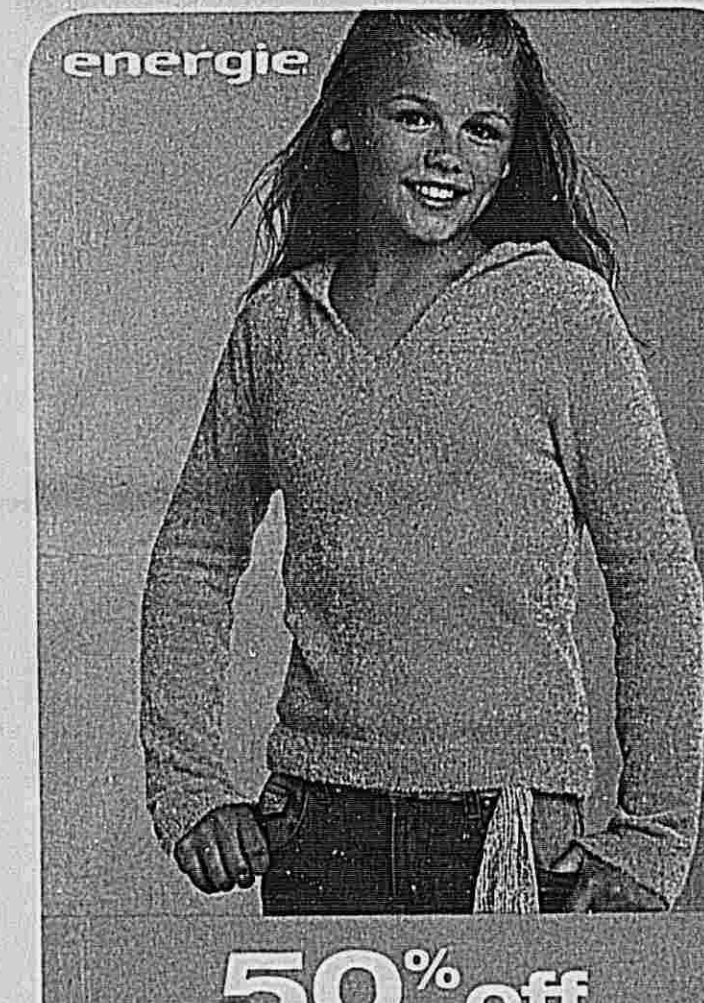
Croft & Barrow®
sportswear
for misses, petites & women,
orig. \$14-\$58, sale 7.99-\$32.99
Selected styles.

croft & barrow®



40-50% off

AB Studio,
daisy fuentes®, Nine & Co.®
and access collections
for misses, petites & women, orig. \$34-\$49,
sale 20.40-\$29.40 Selected styles.
selected items online P92823



energie

**50% off
entire stock**

sweaters
for girls 4-16, boys 4-7 & toddlers.



**40-50% off
entire stock**

fashion tops
for girls 4-16. Excludes Candie's®.



entire stock

30% off
Nike® activewear
for girls 4-6x, boys 4-7,
toddlers & infants.

Nike



entire stock

50% off
Sonoma sets
for newborns
& infants.



entire stock

50% off
Character tees
for toddlers, boys
4-7 & girls 4-6x.

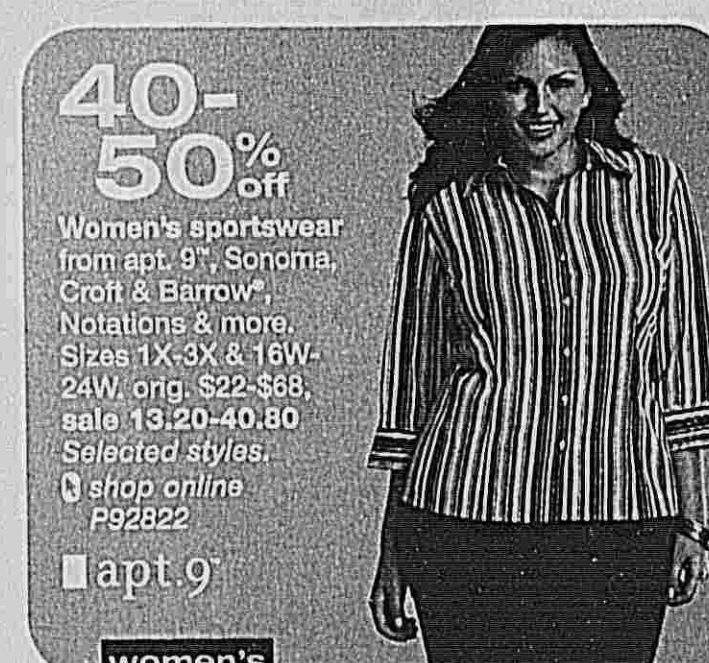
Character



entire stock

50% off
Sleep & play
for newborns.
Excludes Carter's®.
shop online
P92827

Sleep & play

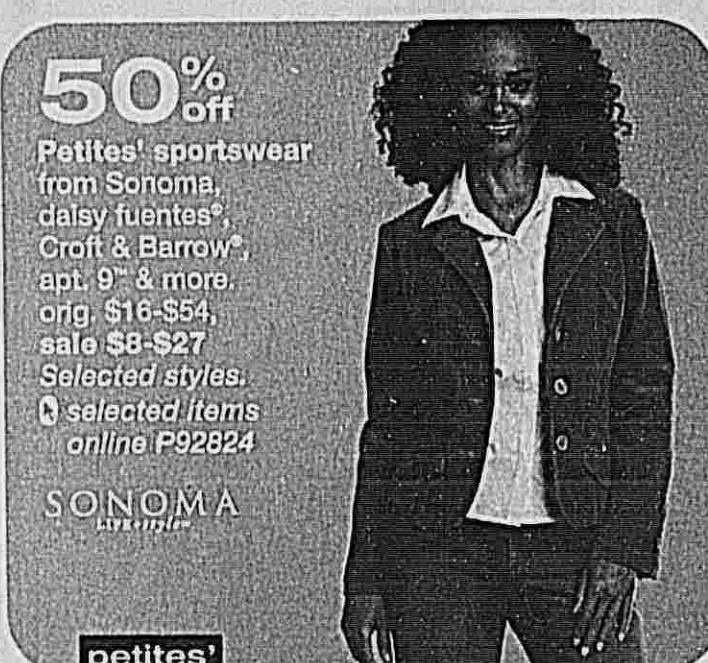


40-50% off

Women's sportswear
from apt 9®, Sonoma,
Croft & Barrow®,
Notations & more.
Sizes 1X-3X & 16W-
24W, orig. \$22-\$68,
sale 13.20-\$40.80
Selected styles.
shop online
P92822

apt 9

women's

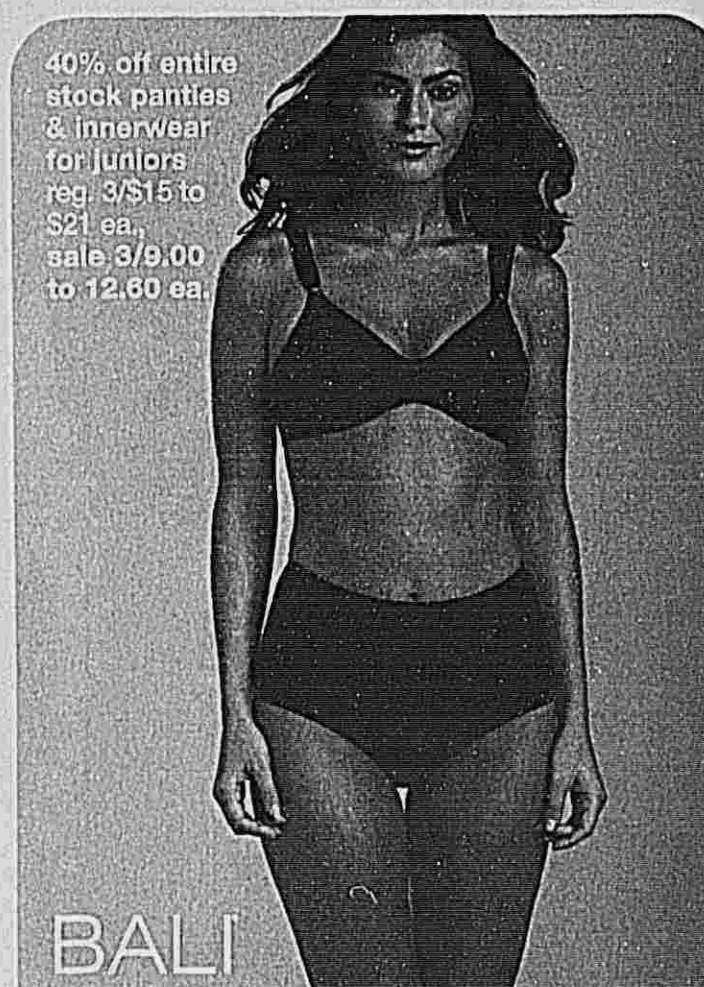


50% off

Petites® sportswear
from Sonoma,
daisy fuentes®,
Croft & Barrow®,
apt 9® & more.
orig. \$16-\$54,
sale \$9-\$27
Selected styles.
shop online
P92824

SONOMA

petites

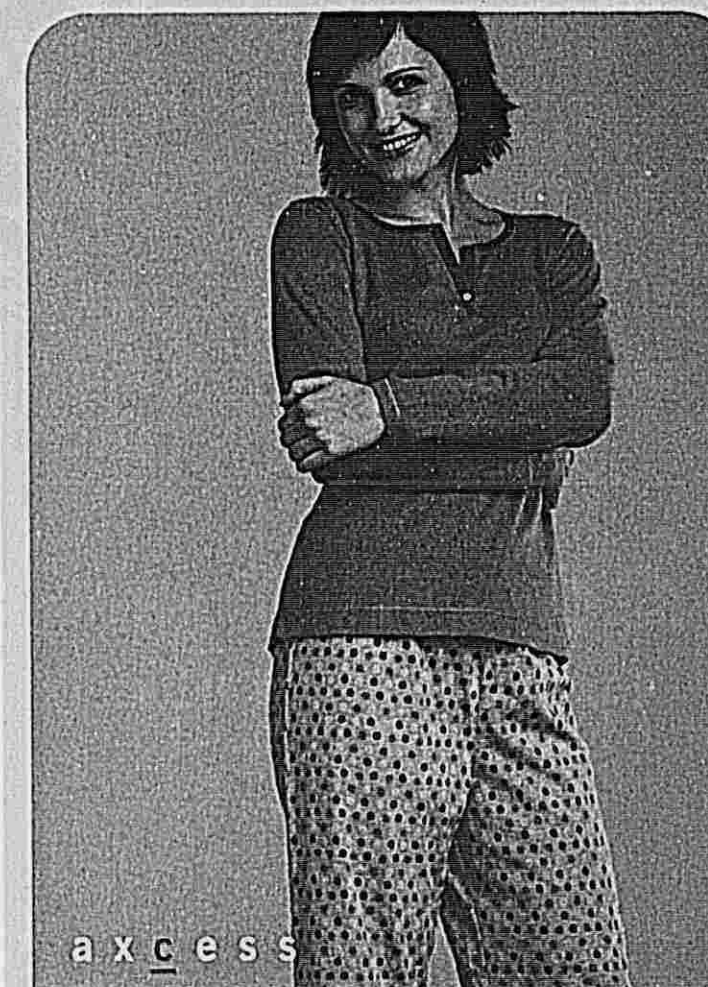


40% off entire
stock pants &
innerwear
for juniors
reg. \$8.15 to
\$24 ea.
sale 3.99 to
12.60 ea.

BALI

40% off

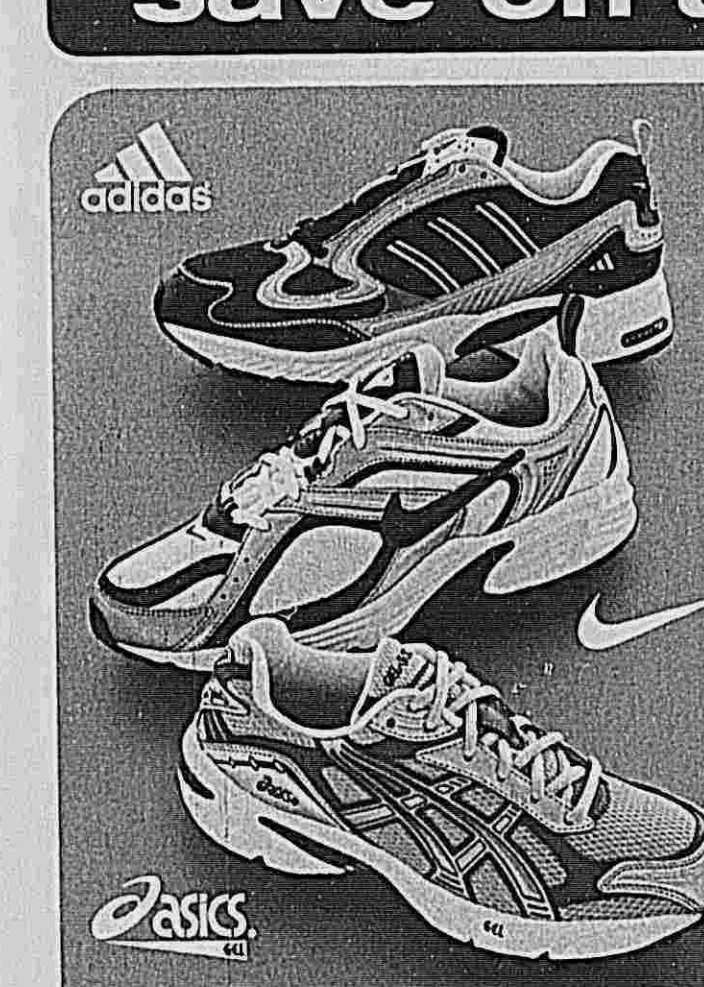
bras from Bali®, Playtex®,
Olga®, Warner's®
& Lily of France®
reg. \$20-\$32, sale 12.00-\$19.20
Selected styles.



access

40-50% off

entire stock
sleepwear, loungewear
and robes
for her, orig. \$12-\$60, sale 7.20-\$38.00
selected items online W2400

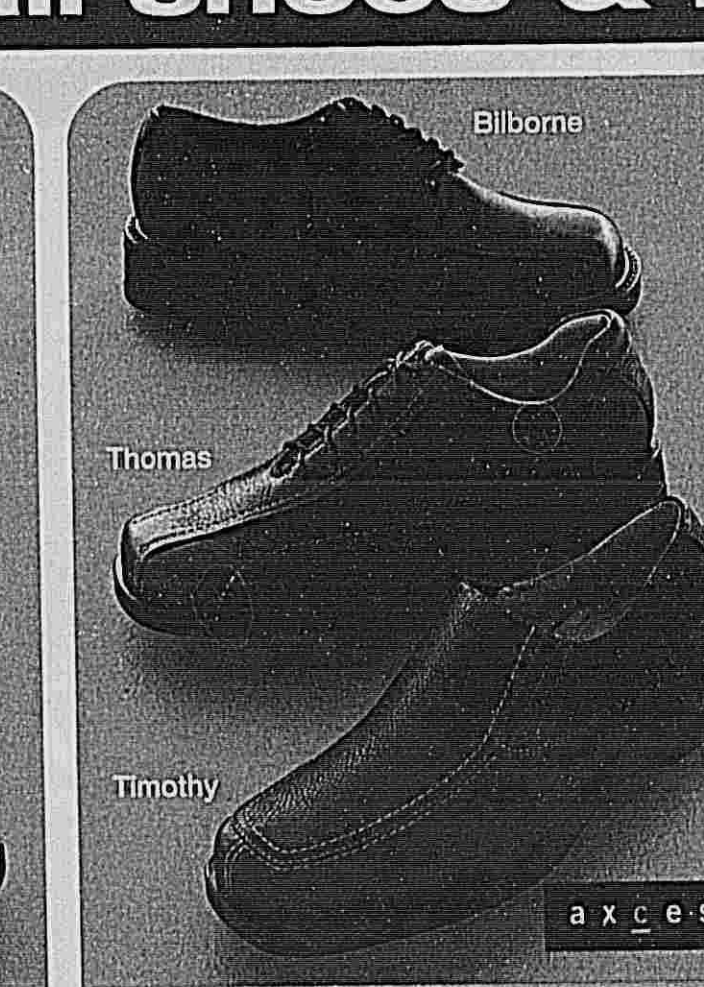


adidas

30-50% off

running shoes
for the family, orig. 34.99-\$99.99,
sale 24.49-\$49.99 Selected styles.

asics

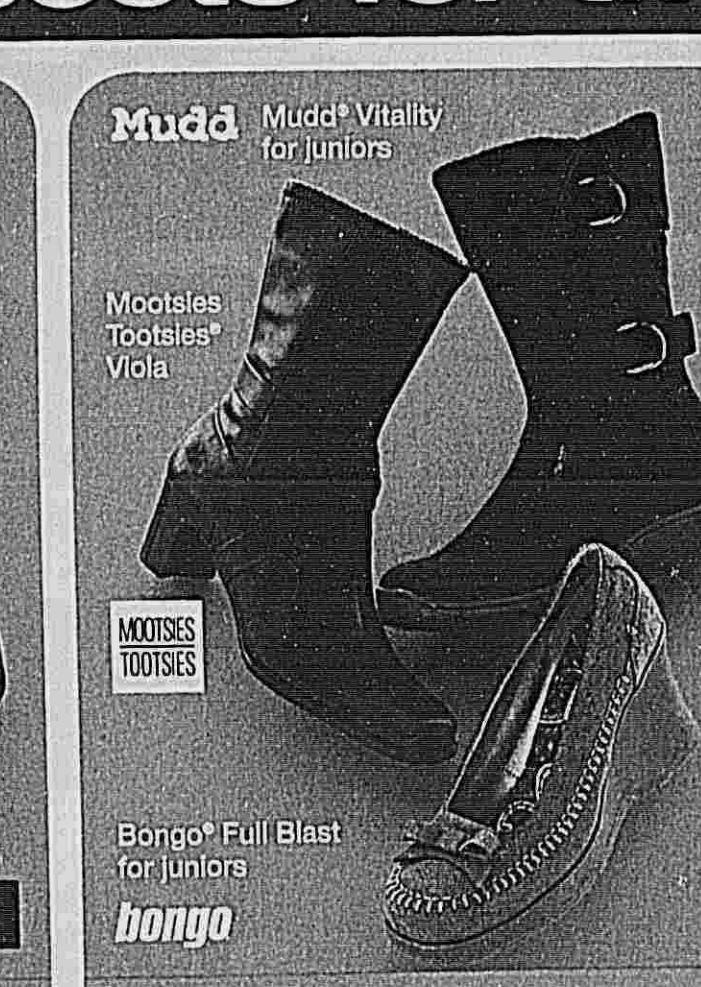


Thomas

**39⁹⁹
entire stock**

access shoes
for men, orig. 69.99

access



Mudd

Mudd® Vitality
for juniors

Moccasins
Tootsies®
Viola

Moccasins
Tootsies

Bongo® Full Blast
for juniors

bongo

40-50% off

shoes & boots
for her, orig. 39.99-\$99.99,
sale 23.99-\$9.99 Selected styles.

shoes & boots



sonoma

Enchanted
for girls

sonoma

Hannah
for girls

sonoma

Rusty
for boys

sonoma

ladylin
for girls

14⁹⁹

shoes
for kids, orig. 24.99-\$9.99
Selected styles.

shoes

the new gold star

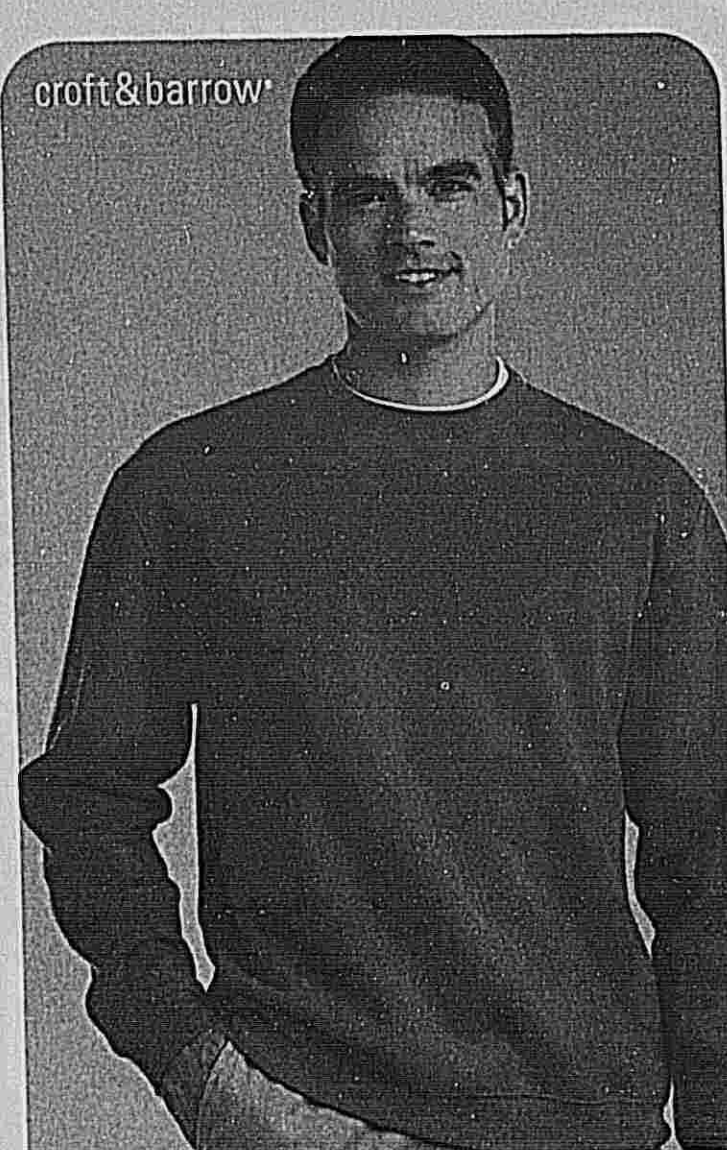
clearance

save

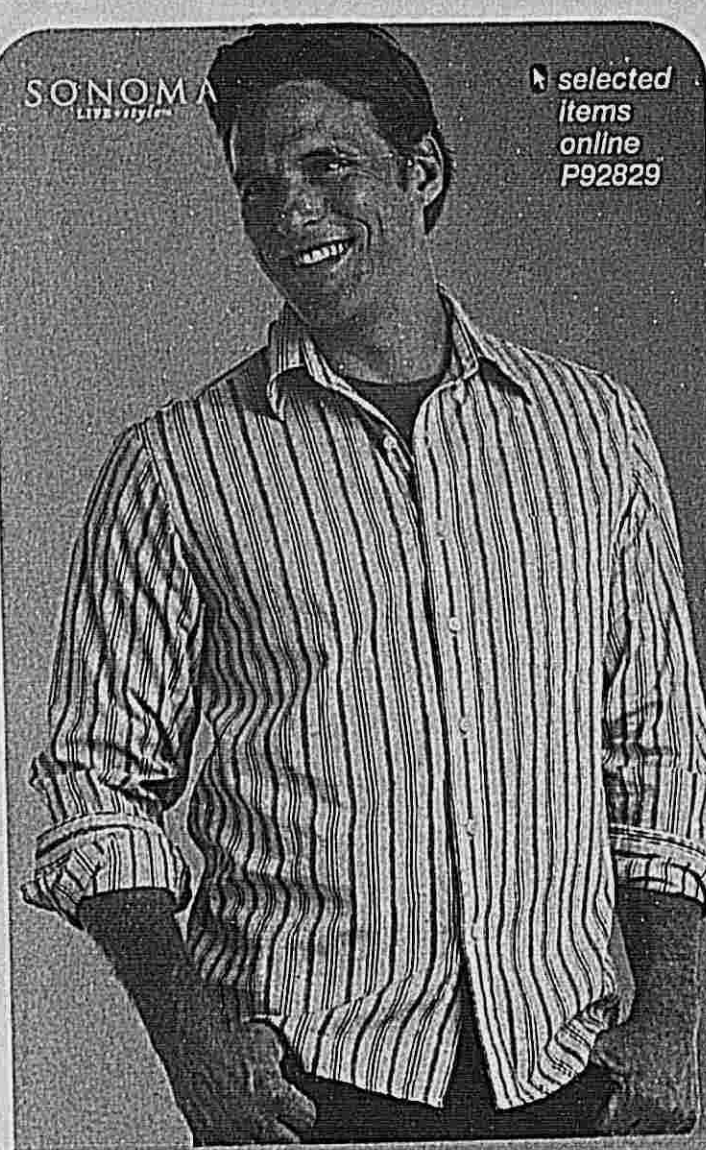
60-80%

We've made it easy.
Final price is marked on the ticket.
We do the math. You enjoy the savings.

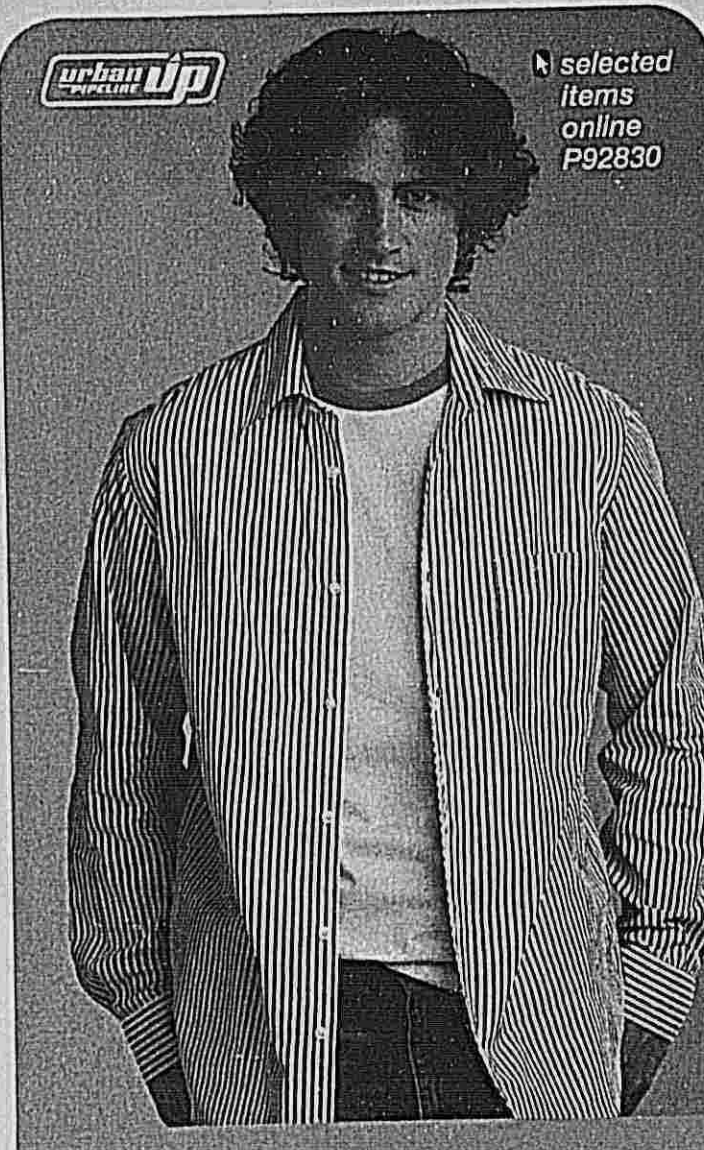
Clearance prices represent savings off original prices. Selection varies by store. Interim markdowns may have been taken. Sorry, no price adjustments given on prior purchases.



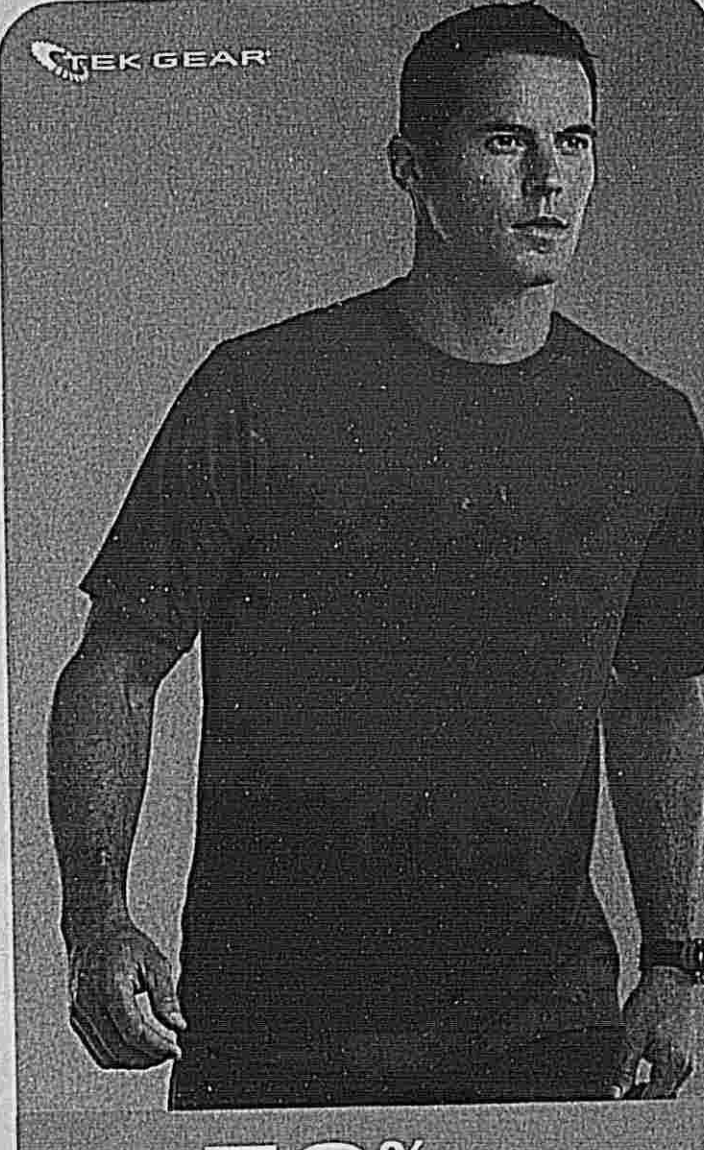
50% off
all knit tops for men
from Croft & Barrow®, Sonoma,
Arrow, Haggard® and Axist®
orig. \$20-\$42, sale 9.99-20.99
selected items online P92828



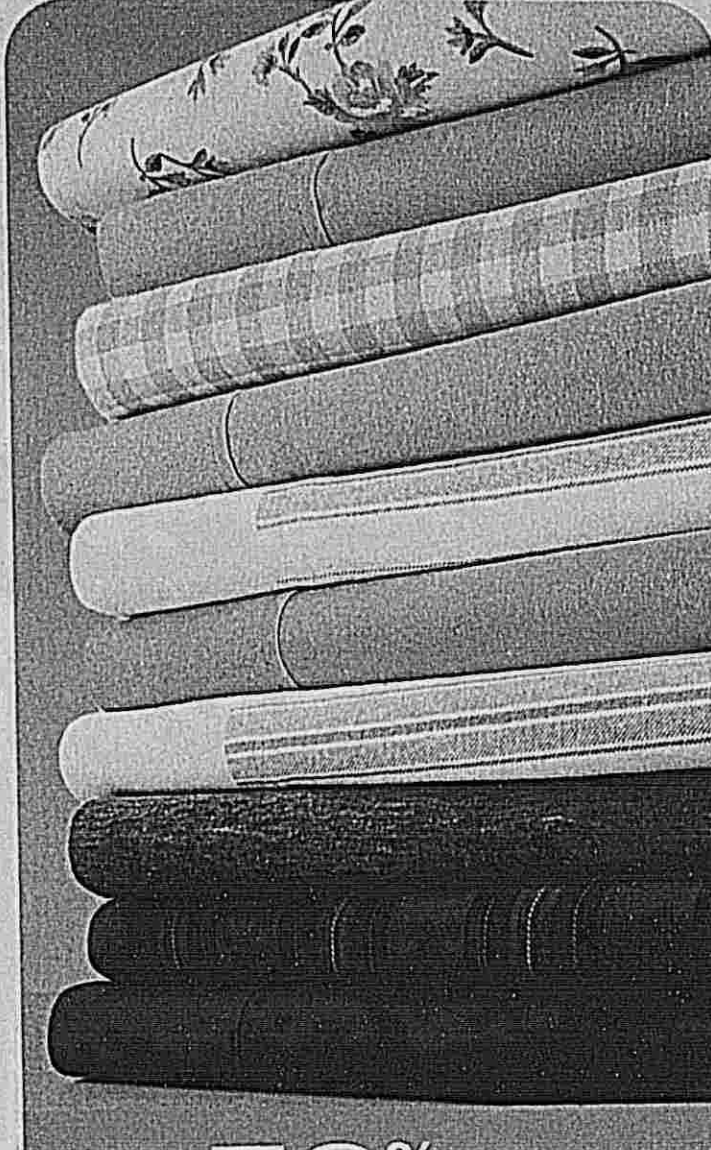
50% off
entire stock
sport shirts for men from
Sonoma, Croft & Barrow® and
Arrow orig. \$24-\$40, sale \$12-\$20



50% off
entire stock
Urban Pipeline™ tops
for young men
reg. \$12-\$80, sale \$6-\$40



50% off
entire stock
Tek Gear® athletic apparel
for men
orig. \$20-\$35, sale 10.00-17.50



50% off
entire stock
sheet sets
orig. 26.99-169.99, sale 12.99-84.99
Excludes coordinating sheet sets.
selected items online P92837



50% off
entire stock
down comforters
reg. 99.99-459.99, sale 49.99-229.99



50-60% off
entire stock
solid bath towels
and bath rugs
selected items online P92838



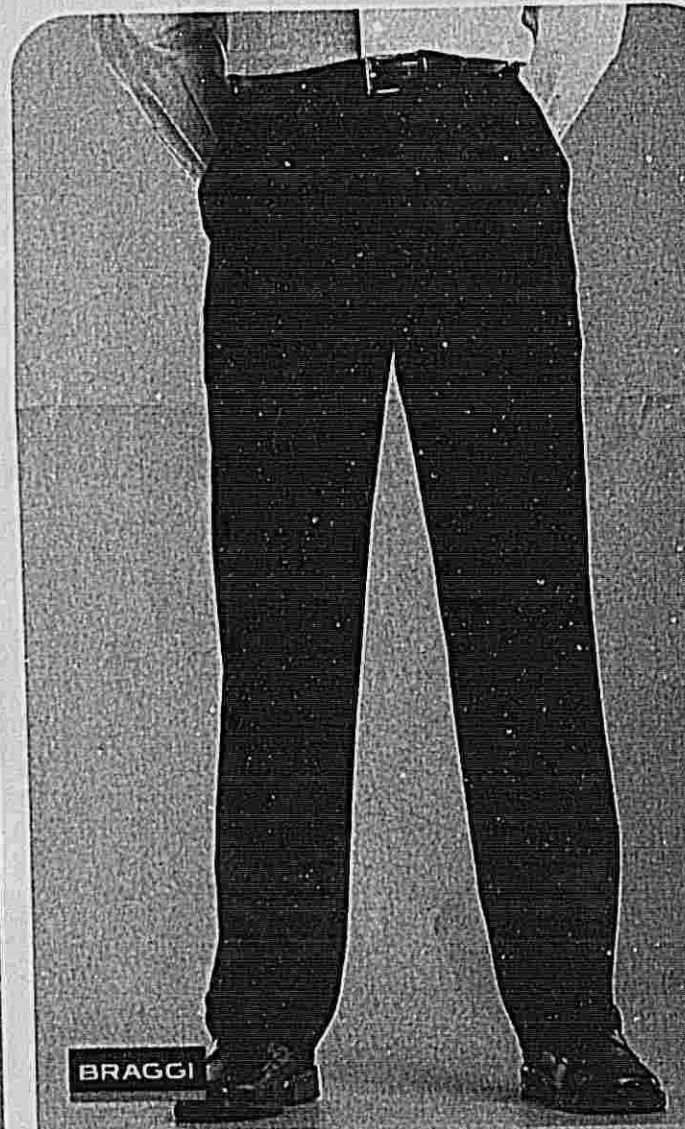
50-60% off
entire stock
luggage
reg. 24.99-379.99, sale 12.49-189.99
shop online P92839

2 days only Friday & Saturday, Sept. 29 & 30

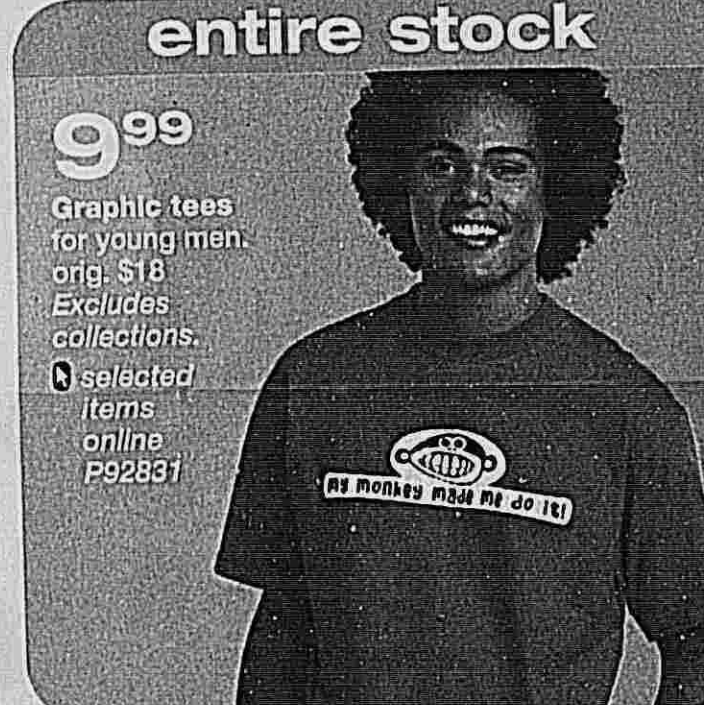
incredible savings days



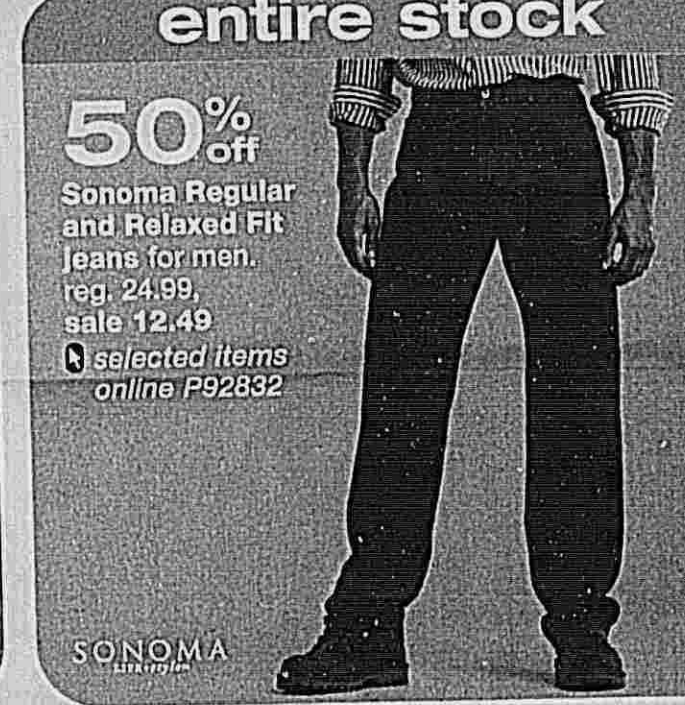
50% off
entire stock
sport coats for men from
axcess and Chaps
orig. \$200, sale 99.99



50% off
entire stock
dress & casual pants
for men from Braggi®, Axist®,
Croft & Barrow® and Sonoma
orig. \$40-\$70, sale \$20-\$35
selected styles



entire stock
9.99
Graphic tees
for young men
orig. \$18
Excludes
collections
selected items
online P92831



entire stock
50% off
Sonoma Regular
and Relaxed Fit
jeans for men
reg. 24.99,
sale 12.49
selected items
online P92832



entire stock
50% off
Fleece tops
for boys 8-20
orig. \$32-\$36,
sale \$16-\$18
Excludes
collections and
athletic apparel



entire stock
23.99
Jeans and pants
for young men
from "Plug"
Unionbay and
U.S. Polo Assn.
orig. \$42-\$58
selected items
online P92833



50-60% off
entire stock
frames
Excludes digital photo frames.



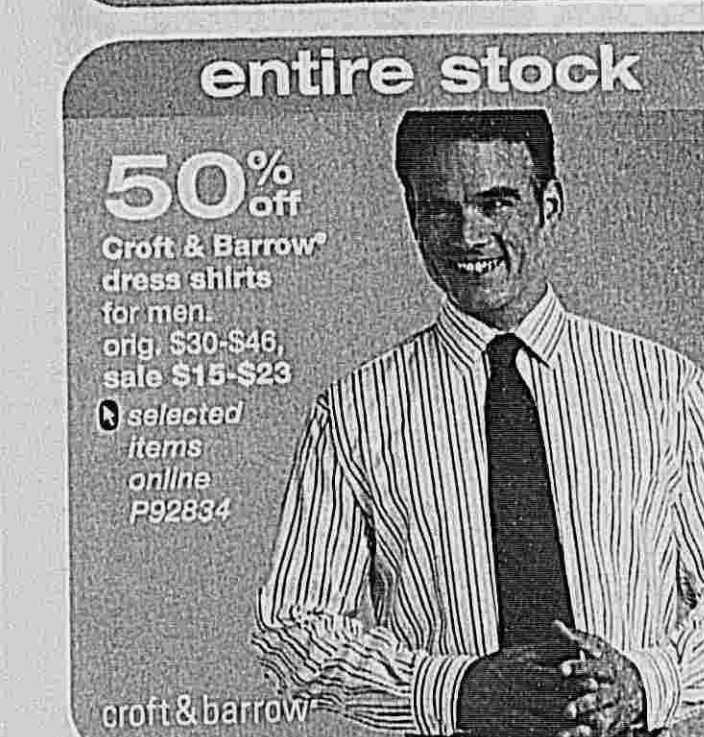
50% off
entire stock
decorative art



entire stock
50% off
Accent area &
kitchen rugs and
doormats
selected items
online P92840



entire stock
40-50% off
Bath coordinates, shower
curtains and decorative bath
accessories reg. 7.99-84.99,
sale 4.79-38.99



entire stock
50% off
Croft & Barrow®
dress shirts
for men
orig. \$30-\$46,
sale \$16-\$23
selected items
online P92834



entire stock
50% off
Boxers and
loungewear
for men
from Sonoma and
Croft & Barrow®
orig. \$12-\$24,
sale \$6-\$12
shop online
P92835



50% off
entire stock
Urban Pipeline™ apparel
for boys 8-20, orig. \$12-\$34, sale \$6-\$17
selected items online P92836



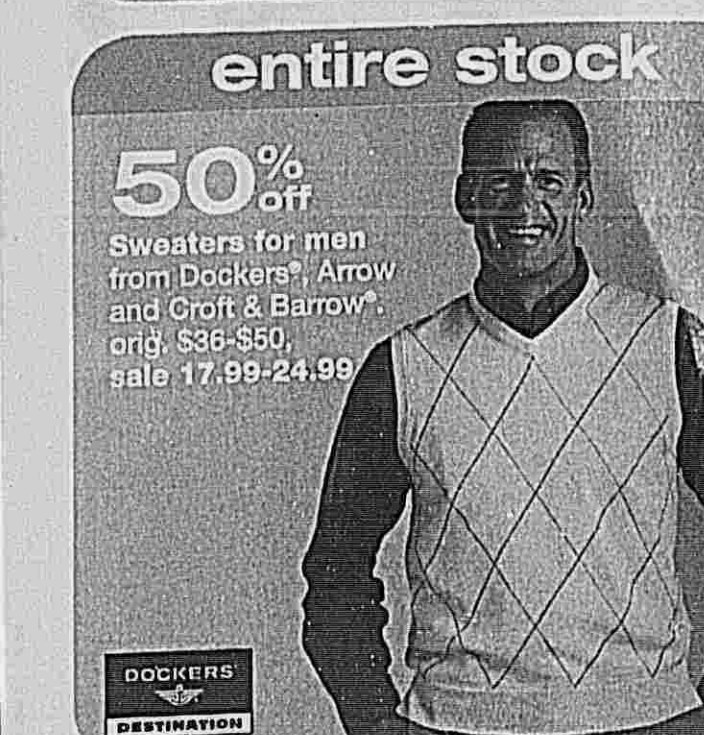
25-40% off
entire stock
fleece tops & active pants
for boys 8-20, orig. \$24-\$38, sale 15.60-28.50



entire stock
40-50% off
Tabletop
Mandalee



entire stock
10-55% off
Cookware
149.99
Rachael Ray 10-pc.
nonstick cookware set
reg. 199.99



entire stock
50% off
Sweaters for men
from Dockers®, Arrow
and Croft & Barrow®
orig. \$36-\$50,
sale 17.99-24.99



entire stock
19.99
Lee®
Performance
Khaki pants
for men



entire stock
15-50% off
Personal care
selected items
online H2400
17.99
HoMedics® shimmering
towers fountain
orig. 29.99
27.99
HoMedics®
Sound Spa
Sleest® classic
clock radio and
sound machine
reg. 39.99



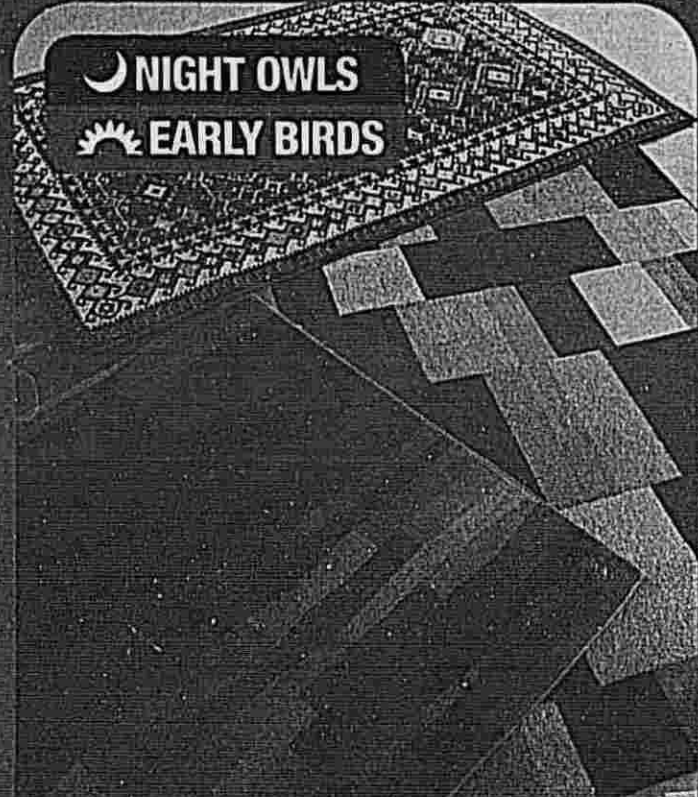
entire stock
15-40% off
Kitchen electrics
selected items
online D1500
39.99
Your choice Oster®
toaster, KitchenAid®
Mini Chop or
Mr. Coffee®
8-cup thermal
programmable
coffee maker
reg. 49.99-59.99 ea.



50% off
entire stock
Halloween decor,
ceramics, candles & more



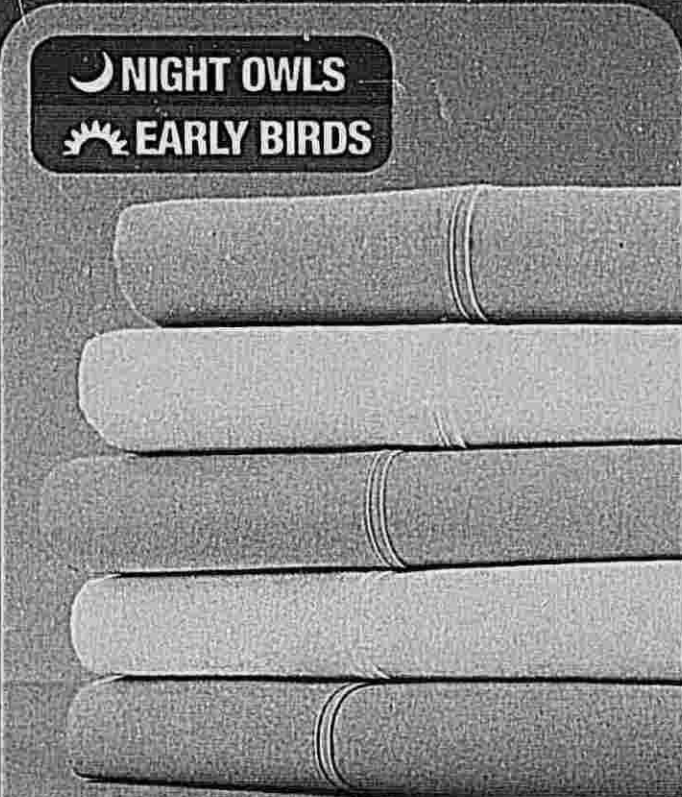
50% off
entire stock
candles and decorative
lighting
Excludes Yankee Candle®



NIGHT OWLS
EARLY BIRDS

79⁹⁹

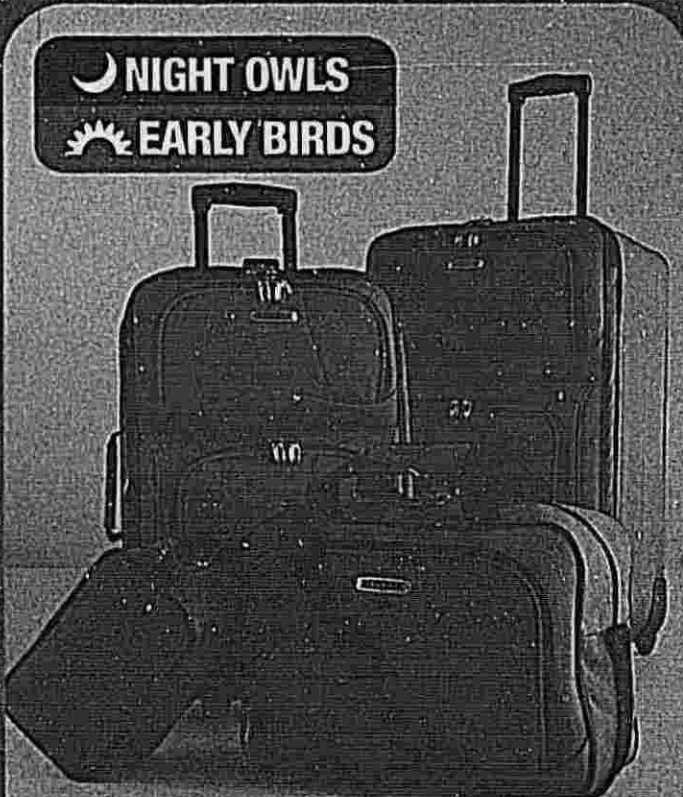
Sonoma 5'3"x7'10" area rug
reg. 199.99 selected items online P9282
55% off all other area rugs and scatters



NIGHT OWLS
EARLY BIRDS

69⁹⁹

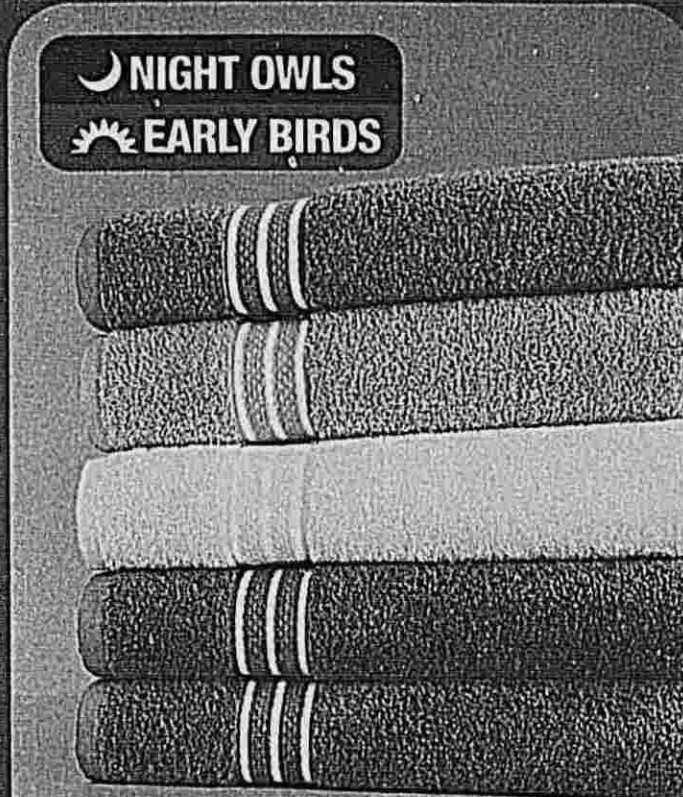
Luxury Collection queen
or king 800-thread count
sheet set
100% cotton sateen, available in 5 colors.
orig. 159.99-169.99



NIGHT OWLS
EARLY BIRDS

39⁹⁹

4-pc. Prodigy luggage set
Also available in tapestry, black and brown.
orig. 119.99



NIGHT OWLS
EARLY BIRDS

2/\$8

Martex® Pipeline bath towels
100% cotton, 27x52", 5 colors.
orig. 9.99 ea., sale 4.79 ea.
Hand towel orig. 7.99 ea., sale 2/\$7 or 3.79 ea.
Washcloth orig. 5.99 ea., sale 2/\$5 or 2.79 ea.



NIGHT OWLS
EARLY BIRDS

97.99

Your choice
Hoover®
WindTunnel® Lite
Bagless vacuum
or SteamVac®
deep cleaner.
reg. 199.99 ea.

20-50% off
entire stock
floor care

Includes upright vacuums, deep cleaners
and hand & stick vacuums.
 shop online H1400



NIGHT OWLS
EARLY BIRDS

29.99

Your choice
Hamilton Beach®
Stay or Go 6-qt.
slow cooker, Presto®
CoolDaddy® deep
fryer, Oster® food
steamer or Hamilton
Beach® Wavestation
blender. reg. 39.99-
59.99 ea.

20-50% off
entire stock
small electrics

Includes coffeemakers, irons, stand mixers,
toasters and toaster ovens.
 selected items online D1900



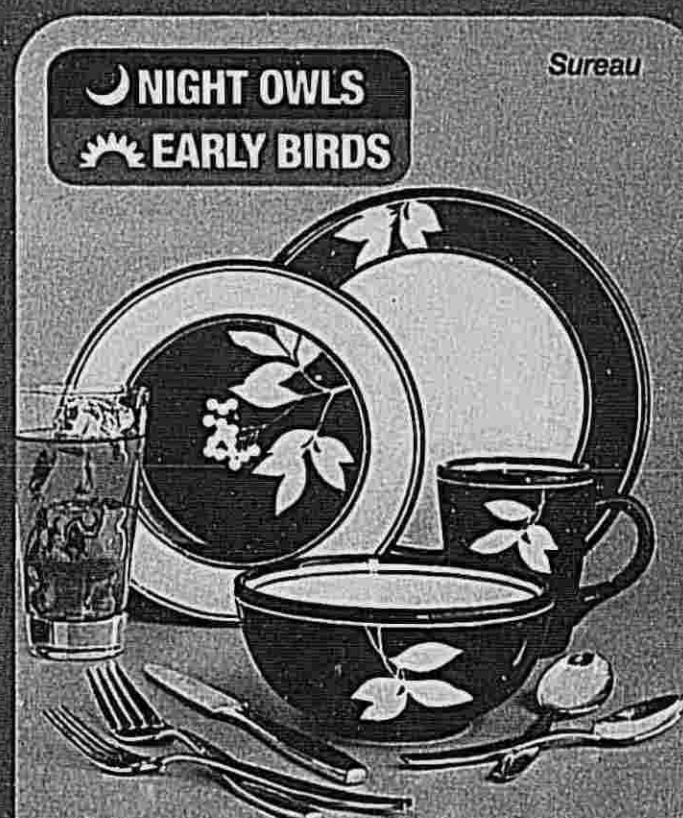
NIGHT OWLS
EARLY BIRDS

22.49 Final Price
Sonicare® E-Series
replacement brush heads.
reg. 34.99, sale 24.99

17.99 Final Price
Conair® 13-pc.
Professional multi-use
rechargeable
beard/mustache
trimmer. reg. 24.99,
sale 19.99

67.99 Final Price
Sonicare® Essence
5300 toothbrush.
reg. 99.99, sale 75.55

15-50% off plus
save an
extra 10%
on entire stock of
personal care
 selected items online H2400



NIGHT OWLS
EARLY BIRDS

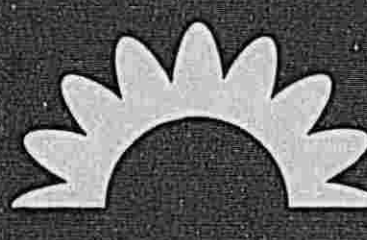
55% off
entire stock
tabletop

selected items online P9283

POWER HOURS



NIGHT OWLS
FRIDAY 3PM-11PM



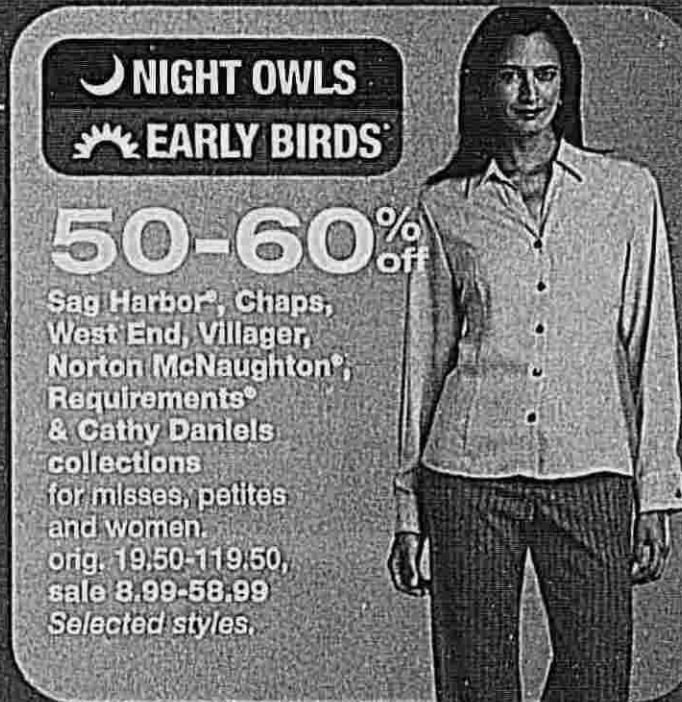
EARLY BIRDS
SATURDAY 7AM-1PM



NIGHT OWLS
EARLY BIRDS

50-60% off

access, AB Studio,
daisy Fuentes®
and Nine & Co.®
collections
for misses, petites
and women.
orig. \$34-\$49,
sale 17.00-24.50
Selected styles.
 selected items
online P9284



NIGHT OWLS
EARLY BIRDS

50-60% off

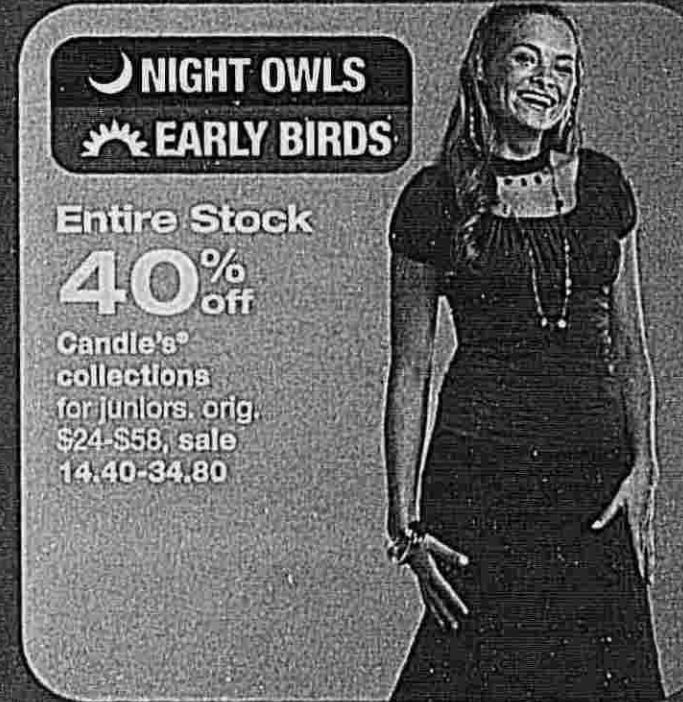
Sag Harbor®, Chiaps,
West End, Villager,
Norton McNaughton®,
Requirements®
& Cathy Daniels
collections
for misses, petites
and women.
orig. 19.50-119.50,
sale 8.99-58.99
Selected styles.



NIGHT OWLS
EARLY BIRDS

14⁹⁹

Bras from
Maidenform®,
Ball®, Warner's®,
Vanity Fair® &
Barelythere®.
reg. \$23-\$30
Selected styles.
 shop online
P9285



NIGHT OWLS
EARLY BIRDS

Entire Stock
40% off

Candle's®
collections
for juniors. orig.
\$24-\$58, sale
14.40-\$34.80



NIGHT OWLS
EARLY BIRDS

60% off plus
save an
extra 15%
on entire stock of
fine jewelry

Excludes Super Buy and
discontinued items.
 shop online F999

89.99 ea. Final Price
Entire stock 1/4 ct. T.W.
diamond jewelry, 10k gold.
reg. \$300 ea., sale 105.88 ea.



NIGHT OWLS
EARLY BIRDS

Entire Stock
50-
60% off

Dress shirts
and neckwear
for men from
Croft & Barrow®,
Arrow and Axist®.
orig. \$25-\$46,
sale 12.50-23.00
 shop online
P9286



NIGHT OWLS
EARLY BIRDS

Entire Stock
50-60% off

Separates for
girls 4-16, boys 4-7,
toddlers, infants
and newborns
from Sonoma & SO...
SONOMA life+style®.
SO...so real. so right.®



NIGHT OWLS
EARLY BIRDS

Entire Stock
55% off

Sleepwear
for girls 4-16,
boys 4-20,
toddlers and
infants.
 selected items
online P9287

KOHL'S
expect great things®

Prices good Friday, Sept. 29 & Saturday, Sept. 30, 2006.

Store Hours: Friday, September 29, 8am-11pm;
Saturday, September 30, 7am-10pm

Selection may vary by store. Some merchandise may not be available at every store. "Sale" prices and percentage savings offered in this advertisement are discounts from Kohl's "Regular" or "Original" prices. The "Regular" or "Original" price of an item is the former or future offered price for the item or a comparable item by Kohl's or another retailer. Actual sales may not have been made at the "Regular" or "Original" prices, and intermediate markdowns may have been taken. Clearance merchandise is excluded from "Entire Stock" promotions in this advertisement. In some events, actual savings may exceed the percent savings shown. KOHL'S® and KOHL'S brand names are trademarks of Kohl's Illinois, Inc. ©2006 Kohl's Department Stores, Inc.

more
savings



Open a Kohl's Charge and receive
additional discounts 12 times a year.
Subject to credit approval. See store for details.

For the Kohl's Store nearest you call 1-800-837-1500
or visit us on the Web at Kohls.com

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TRINITY & CHAIN OF LAKES

INTERNATIONAL UNIVERSITY
REACH Adult Undergraduate Programs

Community Bible Church

Introduction to Christian Thinking and Living IDS100R (3 credits)

An introduction to thinking and living as a Christian in the world of ideas and lifestyle, focusing on the concept of "worldview". How do we discern the worldview messages being communicated to us through popular culture (internet, art, music, film, television, journalism, etc.), and what are the responses required of us as followers of Christ?

You
can earn
3 credits before
Thanksgiving!

Five Monday evenings
Oct. 16th - Nov. 13th

6:00-10:00 P.M.

Chain of Lakes
Community Bible Church
43 W. Grass Lake Road • Lake Villa, IL

Cost: \$600 - a special tuition
discount for this first course

Contact:

Christine Newton, Christian Education Director

847.838.0103

chris.Newton@CLCBC.com

- Quality, Christian higher education at convenient locations.
- Courses taught by faculty who understand adult students and your competing priorities.
- Enroll for college credit to apply to a B.A. degree program in Christian Ministry, Organizational Leadership, or Elementary Education.
- Enroll for personal enrichment.

Interested in continuing towards a degree? Additional courses will be offered this spring. Contact Christine and complete an application. Once enrolled in IDS 100R, you can have any previous college transcripts evaluated and complete the application process.

The REACH admissions staff is pleased to answer any questions you may have about any of our programs. Contact Sharon Whited at 877-237-0806.

Your Future Has No Limits!
www.tiu.edu/reach